

Inside: Two
calendars for events
in SM and AG!

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

May/June 2019

MATTHEW WILL MEMORIAL MEDICAL CENTER

Expanding our Cancer Care Services

Mission Hope Cancer Center—Arroyo Grande opening with oncology clinic, cancer resource center and infusion suite (see page 22).

Keith Ayrons, MD, is triple board certified in Medical Oncology, Medical Hematology and Internal Medicine. Dr. Ayrons has been at Mission Hope Cancer Center, Santa Maria, since October, 2018; he is now headed to the new MHCC office in Arroyo Grande.

“It is my goal to provide the highest quality of care, in a compassionate and caring manner, with the help of a multidisciplinary team for the best possible outcome, for both the patient’s and family’s needs. When a patient leaves my examination room, it is of utmost importance to me that they feel overall better emotionally.”

—Keith Ayrons, MD



Keith Ayrons, MD
Medical Oncologist and
Hematologist

**Join us for the Grand Opening
of the Matthew Will
Memorial Medical Center!**

Saturday, May 11, 2019

11:00 a.m. to 2:00 p.m.

850 Fair Oaks Avenue, Arroyo Grande

FREE, fun-filled community event:

- Self-guided tour of our new facility
- Health and wellness activities
- Food and refreshments
- Demonstrations from local clubs

Event parking available at Arroyo Grande High School; complimentary shuttle service provided.



**Mission Hope Cancer Center—
Arroyo Grande**

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

805.474.5310

Dr. Ayrons brings more than 25 years of cancer care experience to the patients of Mission Hope.

Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD
Medical Director
Marian Cancer Program

Keith A. Ayrons, MD
Medical Oncologist/Hematologist

Todd M. Erickson, MD
Medical Oncologist/Hematologist

April Kennedy, MD
Medical Oncologist/Hematologist

Case H. Ketting, MD
Radiation Oncologist

Samuel B. Kieley, MD
Urologic Oncologist

Christopher V. Lutman, MD,
FACOG
Gynecologic Oncologist

Monica A. Rocco, MD, FACS
Breast Surgeon

Stephen J. Vara, MD
Medical Oncologist/Hematologist

Patrick A. Williams, MD
Radiation Oncologist

Jeffrey Wu, MD
Radiation Oncologist

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

Dan Garson: Tee Up Against Cancer

Cancer is a disease that impacts a wide array of people, and even healthy individuals can find themselves facing a cancer diagnosis. Day of Hope Ambassador Dan Garson is someone who experienced this rare occurrence.



Dan received the unexpected diagnosis in 2013 of osteosarcoma, bone cancer. A cancer that adults rarely get, Dan confronted the diagnosis head on with a determination to thrive and a perspective in treating the process as another job.

“I viewed having cancer as your other job. You have to get up off the chair and go—even if it is hard—and take care of each appointment,” Dan recalled.

Fortunately, medical professionals were able to locate the extent of the cancer and began his chemotherapy treatment. Dan credits a supportive friend who encouraged him along his journey of 29 chemotherapy visits, reminding Dan that each chemo was one step closer to the completion of his treatment. Given the nature of his cancer, surgeons had to amputate a portion of his left leg. Fortunately, in 2014 the cancer was removed.

A major passion in the life of Dan is his love for the game of golf. In fact, his dedicated golf buddies helped him through this season, including Marian Cancer Care Medical Director, Robert Dichmann, MD.

Reflecting on his friendship with Dr. Dichmann, Dan noted, “At the time of my diagnosis, Bob was there for me. I’ve never met a nicer guy. He was there to answer all of my questions and fears, and he helped me through a challenging eight months of my life.”

Golf is a great activity for those who are amputees. It helps with balance, gets you outside, and is a social game by nature. For Dan, he may have lost a limb, but he is not giving up his athleticism and dedication to living life well.

The Sixth Annual Day of Hope

PROUDLY PRESENTED BY



Local Cancer Care Gets a Boost!

On April 10, 2019, more than 600 community members took to the streets from Nipomo to Santa Ynez and everywhere in between. Their goal? To sell \$1 'special edition' Day of Hope *Santa Maria Times*, *Lompoc Record*, and *Santa Ynez Valley News* newspapers in support of cancer care right here in our community. Special musical guest and Orcutt native Pryor Baird (pictured below) was also on hand to serenade cancer patients and perform at the Day of Hope celebration.

Thanks to the many event sponsors, enthusiastic team leaders and participants—along with a generous community—**more than \$215,000 was raised** for local patients. On behalf of the physicians, nurses, volunteers, and patients at Mission Hope Cancer Center, we thank you for your support of Day of Hope!

Everyone had a great time at Day of Hope 2019! The best part is that cancer patients and their families will benefit from the kindness shown all year long.



Every single penny raised for Day of Hope stays in the community, going to support:

- Patient Outreach Needs
- Equipment & Technology
- Programs & Services
- Development of Pediatric Oncology Services



It's not too late if you would like to gift hope!
Please visit supportmarianmedical.org/dayofhope to make a tax-deductible gift for our cancer patients.

Dunking on Cancer



Allan Hancock College Athletics helped raise \$3,500 for local cancer patients at the annual Carney's Coaches vs. Cancer fundraising event. Left to right are Cancer Rehabilitation Program leader **John Malinowski**, Coach **Larry Carney**, Marian Foundation Development Specialist **Danica Alvarez**, and Allan Hancock Athletic Director **Kim Ensign**.

On Friday, February 22, 2019, the women and men of Allan Hancock College put forward tremendous effort on and off the basketball court for Marian Cancer Care patients at Mission Hope Cancer Center. As a consistent supporter of local cancer care, the Bulldogs have chosen to use a full court press on this disease by hosting their annual Carney's Coaches vs. Cancer fundraising event. Thanks to their efforts and the generous sponsorship by Home Motors Chevrolet, the college raised \$3,500 for local cancer patients this year.

Coaches vs. Cancer is a nationwide effort by college basketball teams that raises funds for cancer care. Seeking to make the event more personal to Santa Maria, Hancock College donates all proceeds from their event to Marian Cancer Care at Mission Hope Cancer Center. Dedicated to longtime assistant basketball coach for the women's basketball team, Coach Larry Carney is a cancer survivor himself and, like many, his family has been impacted by cancer. Thanks to this event, Carney's Coaches vs Cancer brings together supporters of Hancock Athletics and Mission Hope Cancer Center for a good cause in a fun, meaningful event.

Although the competition was fierce on the court, and both the women's and men's teams fell to local rival Cuesta College this year, the bulldogs can hold their head up high as they delivered on crucial funding for local patients.

Annual Golf Tournament Fundraiser

■ You are invited to join us on the links for **The 10th Annual Swiss Bar Charity Golf Tournament**. Since its inception, this tournament has raised over \$143,300 in support of 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 again feature great food, drinks, prizes, golf, and more, all while supporting Marian Cancer Care patients at Mission Hope Cancer Center.

When: Saturday, June 29, 2019

12:00 noon Shotgun Start

Where: Rancho Maria Golf Course

1950 Casmalia Road, Santa Maria

Entry Fee: \$150 per person

Hole Sponsorships Range From \$100 (basic signage)–\$2,000 (VIP signage and extras)

For more information, contact George Manos at george.theswissbar@gmail.com.

Honoring Those Who Make a Difference

■ Mission Hope Cancer Center was founded in 2012 to bring comprehensive, quality care to cancer patients, while advancing the understanding of screening services, early diagnosis, treatment, and prevention of cancer within the broader community. Colon cancer is the third leading cause of cancer-related deaths in the county and screenings are low among the population. Due to this, the Marian Cancer Care team joined forces with Santa Maria Gastroenterology Medical Group and Genentech to offer free screenings.

Thanks to Santa Maria Gastroenterology for providing valuable personnel and resources to screen 17 patients on March 23, removing 13 polyps. Genentech has also chosen to provide funding to help spread vital information about the colon cancer education and screening offered to our community. Thank you for investing in local cancer care and saving lives on the Central Coast!

SANTA MARIA
GASTROENTEROLOGY
MEDICAL GROUP

Genentech
A Member of the Roche Group

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!

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 in Santa Maria or Arroyo Grande and receive a complimentary cosmetic kit! See details below.

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



Look Good, Feel Better

■ Join us for this fun class to receive a complimentary cosmetic kit to get started learning skin care and make-up techniques.

**Tuesday, May 21 and June 18
9:30 a.m.**

Mission Hope Cancer Center, Santa Maria
1325 East Church Street

Participant registration at www.lookgoodfeelbetter.org
or call 805.219.HOPE (4673) for more information.

**Wednesday, May 15 and June 19
10:00 a.m.**

Mission Hope Cancer Center, Arroyo Grande
850 Fair Oaks Avenue

Participant registration at www.lookgoodfeelbetter.org
or call 805.474.5300 for more information.

Advanced Radiation Technique to Treat Brain Tumors

Since there's no incision, stereotactic radiosurgery (SRS) is not surgery in the traditional sense. SRS uses high doses of radiation that target the affected area with minimal impact on the surrounding healthy tissue.

Stereotactic brain radiosurgery is coming to Mission Hope Cancer Center. It's a mouthful to say, but stereotactic brain radiosurgery (SRS) is a focused radiotherapy technique that is used to destroy certain types of brain tumors right where they lie, without requiring surgical removal. The treatment is administered by a neurosurgeon and radiation oncologist, who pool their expertise to select suitable patients and then target and deliver the treatment.

Equipment acquired from Varian™ and Qfix now allows the Mission Hope TrueBeam® radiotherapy machine to be used to deliver this focused, high dose form of radiotherapy. Most treatment courses are completed in just one, two, or three outpatient visits for the procedure, plus the preceding evaluation and imaging visits. Anesthesia is generally not required, and for most patients, there are no side effects and no recovery period.

Critical innovations provided by the new Varian equipment include beam focusing

devices that can plan and deliver radiation to a small spherical volume measuring as little as 4 millimeters (1/8th of an inch) diameter with near-laser-like intensity. Using graduated focusing “cones”, tumors up to about 1.7 centimeters (2/3rds of an inch) can be treated. Because the beam is so tightly focused, huge, tumor-destroying doses of radiation can be administered without significant risk to surrounding normal brain tissue.

Of course, this requires very tight aiming as well—there's no point having a high-powered, precision rifle without having an equally precise way to aim it! This is where Qfix comes in. Qfix makes Kevlar™ reinforced “mask” kits that are custom formed to each patient and used for all their treatments. Using these masks plus Marian Regional Medical Center's high resolution CT (computed tomography) and MR (magnetic resonance) imaging and Marian Cancer Center's in-room CT imaging and real-time patient position mapping, the focused radiation beam can be precisely

“As a former engineer, I find SRS technology fascinating. It's personally rewarding to be able to offer another easy, non-invasive treatment option locally to our cancer patients.”

—Case Ketting, MD
Radiation Oncologist, pictured left



Free Community Forum

Introduction to our New Therapy: Neuro Oncology

Wednesday, June 12 • 5:00 p.m.

Guest speaker: Patrick Williams, MD, Radiation Oncologist

The practice of radiation oncology is a discipline that relies on advanced technology to help deliver the most sophisticated treatments. Ongoing significant advances mean we are able to use increasingly precise and safe treatments to map and treat cancer. Please join us as local expert Patrick Williams, MD, brings to light the exciting new developments, techniques and discoveries in radiation therapy.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

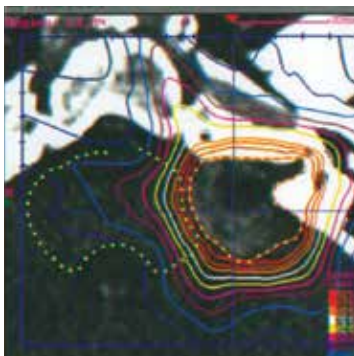
Seating is limited and reservations are required.

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



Patrick Williams, MD
Radiation Oncologist

■ Dr. Williams' comprehensive training included proficiency in general radiation oncology as well as cutting edge techniques including Stereotactic Body Radiotherapy (SBRT) and Stereotactic Radiosurgery (SRS) for brain metastases.



Above: Treatment plan for an hearing nerve tumor just inside the skull and next to the brainstem. Crosshairs are on the tumor, with lines showing tight fall-off of dose, especially toward the brainstem, outlined just left of the tumor.

Photo: Filip em [CC BY 2.0
(<https://creativecommons.org/licenses/by/2.0>)]

Advanced Radiation Technique, continued

aimed to kill the tumor while sparing surrounding brain structures.

The technique allows neurosurgeons to treat small tumors in areas of the brain that are too sensitive to undergo regular open surgeries. Commonly targeted tumors include brain metastases (spread) from other malignancies such as breast and lung cancers, meningiomas (benign tumors of the lining tissues of the brain), and acoustic neuromas (tumors of the auditory nerve).

Prior to the present advance, Mission Hope Cancer Center patients who needed SRS had to travel to Santa Barbara, Thousand Oaks, or Los Angeles for treatments. Nicholas Slimack, MD, sums it up this way, "As a neurosurgeon, I was at times frustrated by the inability to offer surgery to my patients because of a tumor's location in the brain or because the patient is not healthy enough to undergo surgery. It's great to be able to have the SRS option locally for such patients." You can learn more about the options available at Mission Hope by attending the lecture explained above.



Colleen Davis, RDN
Clinical Registered Dietitian

Tackling Fatigue During and After Treatment with Nutrition and Exercise

Fatigue is no fun. The feeling of being drained and tired all the time despite rest can make it difficult to enjoy everyday life. Fatigue could be related to many issues, including emotional distress, sleep problems, medicines, and more. While fatigue varies day to day and person to person, it can become overwhelming. Regardless of the cause, what you eat and drink to fuel your body can help to tackle fatigue and make it more manageable.

Did you know?

Dehydration can make fatigue worse. Aim to drink at least eight cups of fluid a day.

First, staying hydrated is vital, as dehydration can make fatigue worse. Aim to consume at least 8 cups of fluid per day, whether it be water, tea, or milk. Calorie-containing beverages like juice and nutrition shakes (e.g. Ensure®) are important if you find yourself losing weight because they can help keep you hydrated but also help you meet your daily energy needs.

Second, the types of foods you eat and what's included with them are critical. Carbohydrate-containing foods, such as fruit, yogurt, starchy vegetables, and grains, provide the fuel your body needs to carry out its daily duties. In addition to consuming food with carbohydrates, aim to include at least one or more of the following: protein, fat, and fiber with each meal or snack to help sustain your energy for longer.

Try not to stress about what you eat and drink because stress can make fatigue even worse. Fueling your body should be made as easy as possible. Don't feel bad for choosing convenience foods and beverages—there are many healthful options. To make the best choice, pick ones that are high in fiber,

vitamin and mineral content but low in saturated fat, added sugars, and salt. It's okay to get help with meals, too; consider asking family and friends, using take-out or delivery, or signing up for meals on wheels.

Eating a healthy diet doesn't need to be complicated! When shopping, make sure you purchase foods that can be prepared simply for easy consumption. Here are some ideas for quick snacks/mini meals:

- Nuts and dried fruit
- Chips with guacamole
- Pear and string cheese
- Cottage cheese with peaches
- Yogurt with berries
- Cereal with milk
- Veggie sticks with hummus
- Toast with peanut butter
- Hard boiled egg and an apple
- Cheese quesadilla
- Edamame beans
- Roasted chickpeas
- Crackers with tuna
- Turkey sandwich



For more helpful tips, join us at the May 2 presentation of the **Healthy Eating and Activity for Living (HEAL) Class** where the subject of tackling fatigue using a variety of tactics will be explored in more depth. Please call Mission Hope at 805.219.HOPE (4673) to make a reservation.

Combining the powerful synergy of food and fitness...

HEAL: Healthy Eating and Activity for Living

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

Led by Colleen Davis, Registered Dietitian, and John Malinowski, Cancer Exercise Trainer

It's no secret that **proper nutrition** and **daily movement** are two key contributors for maintaining and enhancing both mental and physical health. This is true for everyone—especially those who have cancer and are undergoing treatment. Mission Hope is pleased to offer a monthly class for current patients and survivors alike that features interesting topics on food and fitness designed to educate and motivate. Join us to enjoy free refreshments, delicious recipes, exercise tips and accessories and more!

May 2: Tackling Fatigue During and After Treatment with Nutrition and Exercise

June 6: Creating Cancer-Fighting Lifestyle Habits through Diet and Exercise

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

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



John Malinowski, ATC, CET
Cancer Rehabilitation
Program

Implementing exercise into your daily routine can help reduce the severity of your fatigue. Start by slowly and systematically increasing your level of activity.

Just the right mix of crisp, creamy, and barely sweet, this easy-to-put-together frozen treat makes a tasty snack.

Strawberry-Chocolate Greek Yogurt Bark

Ingredients:

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1½ cups sliced strawberries
- ¼ cup mini chocolate chips

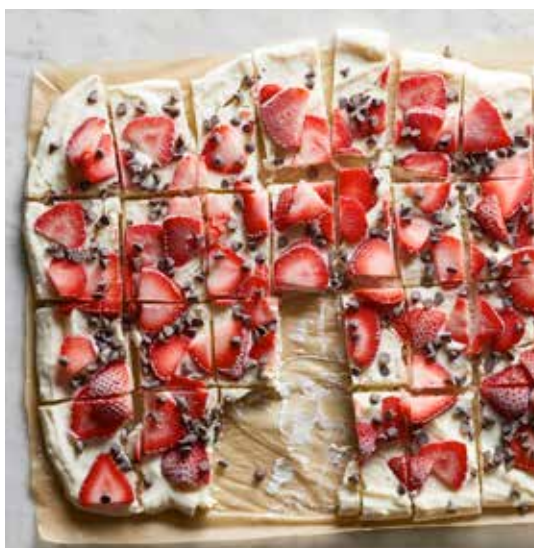
Directions:

Line a rimmed baking sheet with parchment paper.

Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.

Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

To make ahead: Freeze airtight between sheets of parchment for up to one month; let stand at room temperature for 15 minutes before serving.





Kim Vargo

Come meet therapist
Kim Vargo at Mission Hope,
Arroyo Grande.

Energy Balancing Therapy Sessions

Practice to aid in relaxation,
ease muscle tension and
decrease stress and pain in
cancer patients.

**Hearst Cancer Resource
Center, San Luis Obispo**
MAY 13, 27 & JUN 10, 24;
11:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

**Mission Hope Cancer Center,
Santa Maria**

MAY 23 & JUN 27; 2:00 PM
RESERVATIONS REQUIRED;
PLEASE CALL 805.219.HOPE
(4673).

**Mission Hope Cancer Center,
Arroyo Grande**

MAY 14 & JUN 11; 2:00 PM
RESERVATIONS REQUIRED;
PLEASE CALL 805.474.5300.

Energy Balancing Therapy

If you are undergoing cancer treatment or supporting one who is, you know that the body as well as the mind and emotions play their part in healing. Mission Hope is pleased to offer a variety of programs to enhance mental and physical support in coping with treatment and working toward wellness. Many find Energy Balancing therapy to be helpful in this regard.



Energy Balancing is the art of working with chi (life force) energy with the intention of encouraging a free and balanced flow of energy, enhancing the body's natural ability to heal itself. Our trained facilitators work silently over various energetic points around the body using a light touch, while the client remains fully-clothed and relaxes comfortably with pillows and a blanket and listens to quiet music.

Kim Vargo will be seeing patients at Mission Hope—Arroyo Grande. She uses a blend of various energy healing techniques to help reduce stress due to trauma, illness, or just everyday life. Patients are fully awake and aware of what is going on during the session. Energy balancing helps to heal the body, mind, and spirit. It is a great tool

to use as a complement to traditional medicine and is practiced in many hospitals and medical care settings.

Energy Balancing practitioners understand that everyone has the ability to connect with their own healing energy and use it to strengthen energy in themselves and help others. When a person's energy is strong and free flowing, a person's body is in a positive state of health. When the energy becomes weak or blocked it could lead to symptoms of physical or emotional imbalance. A session is pleasant, relaxing and is often utilized for one's personal wellness.

Energy Balancing therapy is offered at three locations (see box, left). Please call to find out more or make a reservation to try this ancient art.

MENTAL AND EMOTIONAL WELL BEING

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

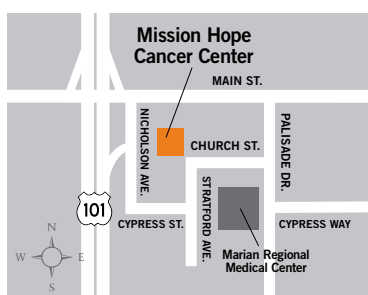
Thursday, June 20

5:00 p.m.

**Mission Hope Cancer Center, SM
Conference Room**

1325 East Church Street, Santa Maria

SANTA MARIA



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

Thursday, June 27

5:00 p.m.

**Mission Hope Cancer Center, AG
Third Floor**

850 Fair Oaks Avenue, Arroyo Grande

ARROYO GRANDE

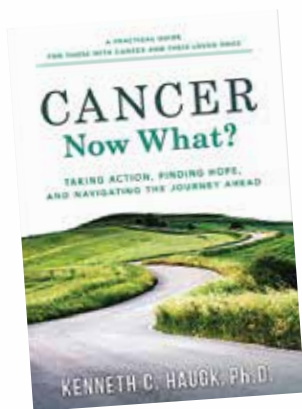


Please call for a reservation:
805.474.5300



Tom Steffora, MA, LMFT
Licensed Marriage and
Family Therapist

Join us for this
informational talk
to become familiar
with the subtle signs
of depression and
anxiety.



■ *Cancer: Now What?* is based on much more than just Dr. Kenneth Haugk's personal experience; it also draws on extensive research. The result of all this research is a book that's true to people's actual experiences with cancer—providing timeless information, practical ideas, and genuine hope.

Taking action, finding hope, and navigating the journey ahead.

Cancer: Now What?

When you were told that you or a loved one has cancer, what were your reactions? Did you feel overwhelmed? Were you thinking:

- “What do I (or we) do?”
- “How am I going to manage this?”

You don't have to tackle this alone. Please join us for an informal gathering as we exchange ideas and share resources to navigate the cancer journey.

Tuesday, June 18 • 5:00 p.m.

Stephen Ministry Leaders:

Pastor Carl Nielsen, Caren Campbell, Lori Vurgun and LaVonne McGee

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

Reservations are required.

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

The Stephen Ministry Leaders of Bethel Lutheran Church will be on hand to introduce a valuable resource book: *Cancer: Now What?* They will use the book to address the types of questions cancer patients and their loved ones often face. This informal gathering will provide for an exchange of comments and ideas and an opportunity to ask questions. Books will be available for those who attend.

Subjects for discussion:

- **Maintain a healthy lifestyle**
- **Let friends and family help you**
- **Review your goals and priorities**
- **Try to maintain your normal routine**
- **Talk to others with cancer**
- **Consider how your diagnosis will impact your finances**

What comforted you through rough times before your cancer diagnosis is likely to help ease your worries now, whether that's a close friend, religious leader or a favorite activity that recharges and refreshes you. Turn to these comforts now, but also be open to trying new coping strategies. Let us help you figure out what those might be.

Tai Chi/QiGong Class



NEW OFFERING!

Wednesdays: May 1, 8, 15, 22, 29 • June 5, 12, 19, 26
10:30 to 11:30 a.m.

Led by JiaNa Mooney, Tai Chi Practitioner/Instructor

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

Reservations are required.

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

Watching a group of people doing Tai Chi, it may be hard to imagine its slow, gentle movements could actually make you stronger—stronger mentally, physically and healthier in general. This low impact activity is suitable for people of all ages and in most states of health. It does not place undue stress on joints and muscles and is therefore unlikely to cause pain or injury. Mission Hope is pleased to welcome JiaNa Mooney to lead the class in the proper technique to reap the benefits of this discipline. She studied under Tai Chi masters and has been teaching professionally since 2008.

Benefits of practicing Tai Chi

- Strengthen bones, muscles and joints
- Increase flexibility and energy level
- Relax the body and mind
- Improve circulation and balance

Pain often discourages people from moving; muscles get weaker and joints stiffer. The movements involved in Tai Chi minimize stress on painful areas and, by improving circulation, can foster relief and healing. Give it a try!



Speaking man to man:

Men with Cancer Discussion Groups

ENGLISH:

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

SPECIAL PRESENTATION:

May 10: New Developments, Techniques and Discoveries in Radiation Therapy, Patrick Williams, MD, Radiation Oncologist

Refreshments served
No reservations necessary

Grupo de Apoyo Para Hombres con Cáncer

ESPAÑOL:

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

PRESENTACIÓN ESPECIAL:

17 de Mayo: Lo Nuevo en Técnicas, Descubrimientos y Desarrollo en Terapia de Radiación, Patrick Williams, MD, Oncólogo de Radiación

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

Se ofrecerán refrigerios
No se necesitan reservaciones

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grand Opening: Matthew Will Memorial Medical Center! Saturday, May 11, 2019 • 11:00 a.m. to 2:00 p.m.		1	2	3
Most classes listed here are held in the Mission Hope Cancer Center, Arroyo Grande on the third floor. For specific location addresses and class details, please see pages 18-21.				
6	7 2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	8	9	10
13	14 2:00 Acupressure for Self-Care 2:00 Energy Balancing	15 10:00 Look Good Feel Better	16	17
20	21 2:00 Acupressure for Self-Care	22 10:00 Fighting Cancer with Your Fork	23 2:00 General Support Group	24
27	28 2:00 Acupressure for Self-Care	29	30	31
Office closed for Memorial Day Holiday				Calendar depicts weekdays only.

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

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Most classes listed here are held in the Mission Hope Cancer Center, Santa Maria in the Conference Room. For specific location addresses and class details, please see pages 18-21.</p>			1 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Tai Chi/QiGongi 4:30 Cancer Rehab 5:00 Caregiver Support Group	2 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Tackling Fatigue During and After Treatment with Nutrition and Exercise 6:00 Cancer Rehab	3 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Something More Series	
		6 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	7 9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 4:00 Kids Support Circle	8 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Tai Chi/QiGong 12:45 Learn Golf 4:30 Cancer Rehab	9 9:00 Acupressure for Self-Care 9:00 Mothers' Day Tea 6:00 Cancer Rehab	10 8:00 Men's Cancer Discussion Group Patrick Williams, MD 1:00 Something More Series
		13 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria	14 9:00 Lymphedema Prevention Exercise	15 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Tai Chi/QiGong 4:30 Cancer Rehab 6:00 Family Night Support Group	16 9:00 Acupressure for Self-Care 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	17 8:00 Grupo de Discusión para Hombres con Cáncer Patrick Williams, MD
		20 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	21 9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 4:00 Kids Support Circle	22 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Tai Chi/QiGong 12:45 Learn Golf 4:30 Cancer Rehab	23 9:00 Acupressure for Self-Care 2:00 Energy Balancing 6:00 Cancer Rehab	24 8:00 Men's Cancer Discussion Group
		27 <				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	5	6	7
10	11 2:00 Acupressure for Self-Care 2:00 Energy Balancing	12	13 2:00 General Support Group	14
17	18 2:00 Acupressure for Self-Care	19 10:00 Look Good Feel Better	20	21
24	25 2:00 Acupressure for Self-Care	26 10:00 Fighting Cancer with Your Fork	27 2:00 General Support Group 5:00 Presentation: Cancer and Depression	28

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	4 9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 4:00 Kids Support Circle	5 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Tai Chi/QiGong 4:30 Cancer Rehab 5:00 Caregiver Support Group	6 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Creating Cancer-Fighting Lifestyle Habits 6:00 Cancer Rehab	7 8:00 Grupo de Discusión para Hombres con Cáncer
10 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria	11	12 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Tai Chi/QiGong 12:45 Learn Golf 5:00 Presentation: Neuro Oncology	13 9:00 Acupressure for Self-Care	14 8:00 Men's Cancer Discussion Group
17 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	18 9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 4:00 Kids Support Circle 5:00 Cancer: Now What? Group Discussion	19 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Tai Chi/QiGong 4:30 Cancer Rehab 6:00 Family Night Support Group	20 9:00 Acupressure for Self-Care 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 5:00 Presentation: Cancer and Depression	21 8:00 Grupo de Discusión para Hombres con Cáncer
24 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	25 9:00 Lymphedema Prevention Exercise	26 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Tai Chi/QiGong 12:45 Learn Golf 4:30 Cancer Rehab	27 9:00 Acupressure for Self-Care 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 2:00 Energy Balancing 6:00 Cancer Rehab	28 8:00 Men's Cancer Discussion Group

Getting Started at Mission Hope

Patient Orientation Class

(For Mission Hope Patients only—
Arroyo Grande and Santa Maria)

A cancer diagnosis often requires navigating an unfamiliar world. Get to know us and our services so we can take this journey together.

Mission Hope Cancer Center, SM

BY APPOINTMENT:
PLEASE CALL 805.346.3402 (ENGLISH)
DISPONIBLE EN ESPAÑOL.
FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406.

Mission Hope Cancer Center, AG

BY APPOINTMENT:
PLEASE CALL 805.474.5300

Acupressure for Self-Care

This class offers a combination of a breathing meditation and self-applied acupressure to help you experience your healing power.

Mission Hope Cancer Center, SM MAY 2, 9, 16, 23, 30 & JUN 6, 13, 20, 27; 9:00 AM

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

★Mission Hope Cancer Center, AG

MAY 7, 14, 21, 28 & JUN 4, 11,
18, 25; 2:00 PM

BY APPOINTMENT;
PLEASE CALL 805.474.5300.

Acupuncture Treatments

Acupuncture has long been used to help restore balance to the mind and body and to boost immunity. Schedule a free appointment with a licensed acupuncturist to manage the side effects of cancer treatment.

Hearst Cancer Resource Center, SLO JUN 24; 1:30 PM

BY APPOINTMENT; CALL 805.542.6234.

Mission Hope Cancer Center, SM MAY 6, 13, 20 & JUN 3, 10, 17, 24; 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.

New location!

Mission Hope Cancer Center, SM MAY 30 & JUN 27; 2:00 PM

Oak Park Chet Dotter Senior Community Center, Paso Robles MAY 28 & JUN 25; 4:00 PM

Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50% and the properties of water allow you to do more than you can on land; patients often improve quicker. Benefits include more range of motion and joint flexibility and pain reduction.

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 20 & JUN 17; 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 MAY 7 & JUN 4; 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 2, 16 & JUN 6, 20; 6:00 PM

Mission Hope Cancer Center, SM MAY 1 & JUN 5; 5:00 PM

★Mission Hope Cancer Center, AG MAY 7 & JUN 4; 5:00 PM

Cancer Rehabilitation

An individualized 12-week program with our Certified Exercise Trainer that includes group, strengthening and aquatic exercise.

Marian Health & Wellness Center, SM

RESERVATIONS REQUIRED; SCHEDULE
AN ASSESSMENT AT 805.346.3413.

Clase en Español:

Comida para la Vida

Exploraremos los fundamentos de la alimentación balanceada y discutiremos una alimentación saludable en beneficio de toda la familia. Únete a nuestra dietista y al intérprete en la clase de nutrición bilingüe.

Mission Hope Cancer Center, SM MAY 7 & JUN 4; 9:00 AM

FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406.

Energy Balancing

Trained facilitators work silently over various energetic points around the body to aid in relaxation, ease muscle tension and decrease stress and pain in cancer patients.

Hearst Cancer Resource Center, SLO MAY 13, 27 & JUN 10, 24; 11:00 AM RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM MAY 23 & JUN 27; 2:00 PM

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

★Mission Hope Cancer Center, AG MAY 14 & JUN 11; 2:00 PM

RESERVATIONS REQUIRED;
PLEASE CALL 805.474.5300.

Family Night Support Group

Children with cancer and their families are invited to join us for dinner, followed by age-appropriate activities in English and Spanish.

Mission Hope Cancer Center, SM MAY 15 & JUN 19; 6:00 PM

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

ADDRESSES AND COLOR KEY FOR MEETING LOCATIONS

New venue!

ARROYO GRANDE (AG)

MHCC-AG

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue

SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC-SM

Mission Hope Cancer Center
1325 East Church Street

MHW

Marian Health & Wellness Center
1207 East Main Street

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

Fight Against Falls

Exercise Class

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

Marian Health & Wellness Center, SM

MAY 1, 8, 15, 22, 29 & JUN 5, 12, 19, 26; 10:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.346.3413.

Fighting Cancer with Your Fork

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

★Mission Hope Cancer Center, AG

MAY 22 & JUN 26; 10:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.474.5300.

General Support Group

Informal support group provides information for all diagnoses. It is valuable to learn from others through your cancer journey as you benefit from the experience of others who have gone through it.

★Mission Hope Cancer Center, AG

MAY 23 & JUN 13, 27; 2:00 PM

FOR MORE INFORMATION, PLEASE
CALL 805.474.5300 OR 805.474.5303.

Guided Meditation Class

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

Hearst Cancer Resource Center, SLO

MAY 1 & JUN 5; 5:00 PM

HEAL: Healthy Eating and Activity for Living

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines delicious recipes and nutrition advice with simple exercise tips you can implement into your daily routine.

Mission Hope Cancer Center, SM

MAY 2* & JUN 6†; 2:00 PM

*Tackling Fatigue During and After
Treatment with Nutrition and Exercise

†Creating Cancer-Fighting Lifestyle
Habits through Diet and Exercise

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

Kids Support Circle

An activity group for the kids of parents/grandparents with cancer to learn effective coping skills and express their feelings in a safe place using art and games.

Mission Hope Cancer Center, SM

MAY 7, 21 & JUN 4, 18; 4:00 PM

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



iThrive Wellness Program

A free online web application that creates a personalized wellness plan for cancer survivors, iTHRIVE can help you heal from treatment, reduce the risk of recurrence and achieve optimal wellness by implementing simple, practical steps in your daily life.

Mission Hope Cancer Center, SM

SET UP AN APPOINTMENT TO GET
STARTED: PLEASE CALL ASHLEY HAHN,
MISSION HOPE-SM, 805.346.3402

Mission Hope Cancer Center, AG

PLEASE CALL JENNI DAVIS,
MISSION HOPE-AG, 805.474.5303

Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the rules of golf along with tips on putting, chipping and hitting a tee shot. Instruction is also provided regarding stretching, flexibility and balance while enjoying the outdoors.

Monarch Dunes, Nipomo

MAY 8, 22 & JUN 12, 26; 12:45 PM

BY APPOINTMENT; CALL 805.346.3413.

CLASSES, GROUPS & PROGRAMS, continued

Living with Cancer Support Group

Informal support group for all patients and their loved ones offering an empowering setting where people learn to make active choices in their recovery.

Hearst Cancer Resource Center, SLO
MAY 2, 16 & JUN 6, 20; 6:00 PM

BY RESERVATION ONLY;
PLEASE CALL 805.542.6234.

Look Good Feel Better

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

(Beauty and You)

Hearst Cancer Resource Center, SLO
MAY 1 & JUN 5; 10:00 AM

BY APPOINTMENT; CALL 805.542.6234.

Mission Hope Cancer Center, SM

MAY 21 & JUN 18; 9:30 AM

PARTICIPANT REGISTRATION AT
WWW.LOOKGOODFEELBETTER.ORG
OR 805.219.HOPE (4673).

★Mission Hope Cancer Center, AG

MAY 15 & JUN 19; 10:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.474.5300.

Lymphedema Education

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

Hearst Cancer Resource Center, SLO
MAY 14 & JUN 25; 1:00 PM

Lymphedema Prevention Exercise

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

Marian Health & Wellness Center, SM

MAY 7, 14, 21, 28 & JUN 4, 11, 18, 25; 9:00 AM

BY APPOINTMENT; CALL 805.346.3413.

Lymphoma, Leukemia & Multiple Myeloma (LL&MM)

(All Blood Cancer Support Group)

Established to help individuals and their families cope with diagnosis, before, during and after treatment.

Hearst Cancer Resource Center, SLO
MAY 8 & JUN 5; 1:00 PM

Mission Hope Cancer Center, SM

MAY 16 & JUN 20; 2:00 PM

Men's Cancer Discussion Group

Led by Sean Hunt, RN, BSN, OCN, this group provides a relaxed forum for men to discuss issues, exchange information and get answers to their concerns. Meetings also feature educational presentations given by qualified speakers.

Mission Hope Cancer Center, SM

MAY 10*, 24 & JUN 14, 28;
8:00 AM

*New Developments, Techniques and Discoveries in Radiation Therapy,
Patrick Williams, MD, Radiation Oncologist

Men's Spanish Group

En Español:

Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer

Hombres encargados del cuidado de pacientes con cancer y familiares (hombres) son bienvenidos.

Tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer y así como el cuidado de su salud.

Mission Hope Cancer Center, SM

MAY 3, 17* & JUN 7, 21; 8:00 AM

*Lo Nuevo en Técnicas, Descubrimientos y Desarrollo en Terapia de Radiación, Patrick Williams, MD, Oncólogo de Radiación

★Pilates Exercise Class

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

Hearst Cancer Resource Center, SLO

MAY 9 & JUNE 13; 2:00 PM

RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Prostate Cancer Support Group

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

Hearst Cancer Resource Center, SLO

MAY 20 & JUN 17; 6:30 PM

Pure Stoke Youth Program

Provides a safe, fun environment utilizing the healing energy of the beach and ocean to help youths deal with the stress of cancer in the family. To enroll, please visit <http://surfingforhope.org/pure-stoke-surf-camp/apply>.

Nutritional Counseling Available

Did you know that cancer patients can schedule a one-on-one consultation with a Registered Dietitian? Maintaining good nutrition throughout cancer treatment can be challenging but is necessary for optimal healing. We can help support your healthcare goals and get you on the road to recovery.

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).

Mission Hope Cancer Center, AG

BY APPOINTMENT; PLEASE CALL 805.474.5300.



★NEW CLASSES

Qigong Class

Qigong 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 6, 20 & JUN 3, 17; 5:00 PM

Something More Series

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

Mission Hope Cancer Center, SM
MAY 3, 10; 1:00 PM
RESERVATIONS REQUESTED;
PLEASE CALL 805.219.HOPE (4673).

SPOHNC, Santa Maria

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

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

Mission Hope Cancer Center, SM
MAY 13 & JUN 10; 5:00 PM

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 1, 8, 15, 22, 29 & JUN 5, 12, 19, 26; 11:00 AM

Mission Hope Cancer Center, SM
MAY 1, 8, 15, 22, 29 & JUN 5, 12, 19, 26; 10:30 AM
BY APPOINTMENT;
PLEASE CALL 805.219.HOPE (4673).

Visioning Collage

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

Hearst Cancer Resource Center, SLO
MAY 9 & JUN 13; 4:30 PM

May is Melanoma and Skin Cancer Awareness Month

Skin cancer is the most commonly diagnosed cancer in the United States. While you're out enjoying the outdoors, protect your skin with sunscreen and shield your eyes with sunglasses. Do you have a new or changing skin growth? Early detection gives one the best chance at survival.

For screening information, please contact Nurse Navigator Carol Lowe, RN, OCN, at 805.346.3463



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 6, 13, 20 & JUN 3, 10, 17, 24;
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 7, 14, 21, 28 & JUN 4, 11, 18, 25; 3:00 PM

Mission Hope Cancer Center, SM
MAY 6, 13, 20 & JUN 3, 10, 17, 24;
2:00 PM

Yoga for Cancer Patients and Survivors

All levels welcome to experience the healing power of yoga. The practice of yoga serves to activate the metabolism, improve balance and stabilize posture; participants build strength and flexibility as well as relax the muscles.

Yoga for Healing

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

Mission Hope Cancer Center, SM
MAY 1, 8, 15, 22, 29 & JUN 5, 12, 19, 26; 9:00 AM

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

Restorative Yoga

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

Hearst Cancer Resource Center, SLO
MAY 13, 27 & JUN 10, 24; 5:00 PM
BY APPOINTMENT; CALL 805.542.6234.

June is National Cancer Survivor Month

Our Cancer Rehabilitation Program can help restore you to the best version possible of you after cancer. Get started today! Please call 805.346.3413



French Hospital
Medical Center

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
San Luis Obispo, California

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805.542.6234
Gloria.Caine@dignityhealth.org

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Eloisa Medina
LAY PATIENT NAVIGATOR
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Eloisa.Medina@dignityhealth.org

Infusion Center
of San Luis Obispo

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Mission Hope Cancer Center—
Arroyo Grande

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Located in a new building behind
Arroyo Grande Community Hospital.

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

FIRST FLOOR:	
Arroyo Grande Lab and Imaging.	805.473.7677
(Office hours: 7:00 a.m. to 5:00 p.m.)	
THIRD FLOOR:	
Cancer Resource Center	805.474.5300
Medical Oncology	805.474.5310
Mission Hope Infusion Center	805.474.5325

REACH OUT TO US; WE'RE HERE TO HELP

Marian Regional Medical Center at Mission Hope Cancer Center

Mission Hope Cancer Center, SM
1325 East Church Street, Suite 102, Santa Maria, California
805.219.HOPE (4673) • Se habla español: 805.346.3406
www.missionhopecancercenter.com

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Dignity Health Central Coast

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Michelle Oliver, RN, MSN, PHN
DIRECTOR, DIGNITY HOME HEALTH
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Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:
Marian Cancer Care805.219.HOPE (4673)
Marian PET/CT Center 805.346.3470
Radiation Oncology 805.925.2529

SECOND FLOOR:
Marian Breast Imaging Center 805.346.3490
Mission Hope Health Center 805.346.3456
Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist
Monica A. Rocco, MD, FACS, Breast Surgeon

THIRD FLOOR:
Medical Oncology805.349.9393
Mission Hope Infusion Center 805.346.3419
Mission Hope Lab (Office hours: 7:30 a.m. to 4:30 p.m.) 805.346.3480





Like us on Facebook:
Mission Hope Cancer Center

CELEBRATING WOMEN | WORKING TOWARD WELLNESS, HEALING AND RECOVERY

You are 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 savor 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.

Thursday, May 9 • 9:00 a.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)



**Monica Rocco,
MD, FACS**
Breast Surgeon

■ Our Mother's Day Tea is an annual event that showcases a wonderful selection of speakers to share their wisdom and expertise:

- **Cancer Prevention and Wellness for Women**

Monica Rocco, MD, FACS

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

Jerry Sanger, MA

