



# Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

November/December 2018

**The Mission Hope family wishes you a Blessed Thanksgiving and a Joyous Christmas!**

You're invited to attend a free community presentation

## Palliative Care: Living with Hope, Choosing Quality of Life

**Thursday, November 15 • 5:00 p.m.**

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

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

**Light dinner served**

Accredited by the Joint Commission, the Community Based Palliative Care program at Dignity Health is a program within the Dignity Health Home Health Agency. We provide person-centered care that works to enhance the quality of life for those facing serious illness. The care team emphasizes symptom management, such as pain control, and helps patients and families understand their illness and treatment options. Special attention is given to care planning and goals of care, culture, choices and values of patients and their families.

Although "curing illness" is an assumed goal, the person is always more important than the disease. The ultimate goal is to preserve and enhance quality of life.

Our team includes a registered nurse, medical social worker, chaplain and physician who work with your physician to coordinate your care and needed services. We do not bill or charge for our services. Please join us at this event with Dr. Katics to learn more and get answers to your questions.



**Matthew Katics, DO**  
Director of Palliative Care

■ Board Certified in Family Medicine as well as Hospice and Palliative Care by the American Board of Family Medicine, Dr. Katics has extensive training and experience in both inpatient and outpatient palliative care programs.

**Got questions about palliative care? Join us to learn about our expanding program and services.**

**Reservations are required. Please call Mission Hope to register: 805.219.HOPE (4673)**

## COMMUNITY OUTREACH

### Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD  
Medical Director  
Marian Cancer Program

Keith A. Ayrons, MD  
Medical Oncologist/Hematologist

Todd M. Erickson, MD  
Medical Oncologist/Hematologist

April Kennedy, MD  
Medical Oncologist/Hematologist

Case H. Ketting, MD  
Radiation Oncologist

Samuel B. Kieley, MD  
Urologic Oncologist

Christopher V. Lutman, MD,  
FACOG  
Gynecologic Oncologist

Monica A. Rocco, MD, FACS  
Breast Surgeon

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

Stephen J. Vara, MD  
Medical Oncologist/Hematologist

Patrick A. Williams, MD  
Radiation Oncologist

Jeffrey Wu, MD  
Radiation Oncologist

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

## *Giving Hope...*

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

In the final months of 2018, we invite you to consider a year-end gift. With your tax-deductible gift, you can rest assured that 100% of your donation will help give hope to the patients at Mission Hope Cancer Center. Every gift, no matter the size, makes a difference. Here are a few ways that you can gift hope:

### Year End General Giving

■ Do you want to experience the power of giving? Making a gift by cash, check, or credit card will help extend healing to others. You can easily make a gift online by visiting [supportmarianmedical.org/donate](http://supportmarianmedical.org/donate).

### IRA Rollover

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

### Leave a Legacy

■ You are invited to join the Marian Legacy Society. Membership in this honored group is extended to all those who share the vision of enriching the health and well-being for all community members and have demonstrated their commitment by making a provision through a planned gift to the Marian Foundation. Gifts can be made to benefit the healing work found at Mission Hope Cancer Center.

### Season of Hope

■ Most of us have been touched by cancer. During the season of giving, give hope to a local cancer patient by making a gift. All donations, no matter the size, positively impacts the lives of cancer patients and their families right here in our community. With these funds and your generosity, Mission Hope Cancer Center is able to provide expanded care and needed practical support. Every dollar of your gift provides comfort and support. If you have questions or are ready to make a donation, please visit or call:

### Marian Regional Medical Center Foundation

1400 East Church Street, Santa Maria, California  
Phone: 805.739.3595 • [www.supportmarianmedical.org](http://www.supportmarianmedical.org)

# Working Together to Make a Difference



## Honor a Caregiver

■ Terry Forst was treated at Mission Hope and made a gift in honor of his physicians and their staff to show appreciation for the excellent healthcare he received. Making a gift to honor a caregiver or celebrate a loved one is a meaningful way to support patients at Mission Hope Cancer Center who have been impacted by cancer. The honoree will receive a special Guardian Angel pin in honor of your gift! Has a physician, nurse, staff member, or volunteer touched your life in a meaningful way? In the spirit of the season, consider making a gift to the hospital in his/her name.

It's easy! Please call **805.739.3595** or visit **[www.supportmarianmedical.org/guardianangels](http://www.supportmarianmedical.org/guardianangels)** to recognize your caregiver(s) or loved one(s).

**Dr. Stephen Vara & Staff, and  
Dr. Jeffrey Wu & Staff,**

**Thank you for  
saving my life!**

**—Terry Forst**  
(A recent Guardian Angel patient)

## Host a Third Party Event

■ A fun and effective way to collect donations is to host a fundraising event to benefit the patients who receive treatment at Mission Hope Cancer Center. Ideas include holding a barbecue for patients, selling pumpkins painted pink for Breast Cancer Awareness month, or organizing a neighborhood bunco tournament. This is a great way to give back and get the community involved.



## Cars and Coffee Barbecue

■ A local car club hosted by Tom's Take Out on Main Street in Santa Maria made their popular Cars and Coffee event a fundraising endeavor. Through hosting a barbecue lunch, each meal sold raised revenue to help cancer patients in need. We thank our local car-loving community for their generosity.

Do you have  
an idea for a  
fundraiser to  
benefit patients at  
Mission Hope?

We can help!  
Organizations or  
individuals are  
invited to host  
an event to raise  
funds in support of  
enhanced cancer  
care. Please call  
**805.739.3595.**

Free Community Forum

# What's New in Lung Cancer Treatment

Join us to learn about the latest advances from community experts featuring:  
Zach Reagle, DO, and Carol Lowe, RN, OCN, lung cancer nurse navigator

**Wednesday, November 14 • 5:30 p.m.**

**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).**



The good news is that early detection of lung cancer is saving lives and advanced therapies are offering new hope for patients. Join us to learn about new lung cancer screening guidelines for former smokers, the increasing incidence of lung cancer in non-smokers, and the latest approaches to lung cancer treatment. A question and answer discussion will follow the presentation; subjects could include early detection, prevention strategies and treatment advances. November is Lung Cancer Awareness Month: the perfect time to get the facts on this important topic.

Non-smokers get lung cancer, too. Anywhere from 10-20 percent of the people with lung cancer never smoked.

## Fast facts about lung cancer

- Screening for lung cancer could save your life. A low-dose CT scan helps detect signs of lung cancer, such as nodules or spots on the lung, early, when the disease is most treatable.
- Early signs of lung cancer are not always evident. Most people do not experience any pain or discomfort during the early stages of disease.
- It is never too late to quit smoking! Regardless of your smoking past, you can still reduce your risk of lung cancer and other conditions like heart disease by kicking the habit now. Just five years of smoke-free living halves your risk of cancers of the mouth, throat, esophagus and bladder. In 10 years, your risk of dying from cancer is half the risk of someone who continues to light up.



## WELCOMING A NEW PHYSICIAN

The physicians at Mission Hope Cancer Center are pleased to welcome an esteemed physician who will join our expert team. A radiation oncologist, Patrick Williams, MD, comes to Mission Hope with valuable experience and a compassionate philosophy of care.



**Case Ketting, MD**  
Radiation Oncologist



**Jeffrey Wu, MD**  
Radiation Oncologist

## Introducing Patrick Williams, MD



**Patrick Williams, MD**  
Radiation Oncologist

Dr. Patrick Williams was raised in a small town in Mississippi and graduated cum laude from the University of Mississippi with a degree in civil engineering. He received his medical degree from the University of Mississippi Medical Center. He completed an internal medicine internship at St. Mary's Medical Center in San Francisco. Dr. Williams completed his radiation oncology residency at the University of Southern California, serving as chief resident in the final year.

At USC, his training was comprehensive and included proficiency in general radiation oncology as well as cutting edge techniques including Stereotactic Body Radiotherapy (SBRT) and Stereotactic Radiosurgery (SRS) for brain metastases. He opened two Phase I prospective clinical trials for which he was principal investigator, both exploring the psychology of the cancer patient and how cancer treatments impact perception and memory.

During medical school he and his wife Anna gave birth to their firstborn child, Edie, who was born with a terminal illness; she passed away four years later during his residency training. This heartbreaking experience played a central role in his decision to pursue oncology and continues to reveal its silver lining—chief among them the empathy he shares with cancer patients. He recognizes that a cancer diagnosis carries feelings of mortality and vulnerability and is honored and humbled to be in the position to help patients navigate through these challenging times.

He is delighted to be at Mission Hope Cancer Center, a facility with the same gold-standard, cutting-edge technology he utilized while in training. He and his family of three healthy children are thrilled to settle here on the beautiful Central Coast of California.

## WELCOMING A NEW PHYSICIAN



**Keith Ayrons, MD**  
Medical Oncologist and  
Hematologist

Mission Hope Cancer Center is pleased to welcome an experienced physician who joins our team of Medical Oncologists/Hematologists. Keith Ayrons, MD, is working in collaboration with Robert Dichmann, MD, April Kennedy, MD, Todd Erickson, MD, and Stephen Vara, MD.

## Getting to Know Keith Ayrons, MD

Dr. Keith Ayrons' journey in medicine started at a young age where he first went to his mother's work place after school and during the summer. Keith was raised by a single mother who was thrilled that he was content to spend time observing the physicians at the medical office where she worked. Although he was only eight at the time, his interest in science had begun. Keith kept a notebook detailing all that he had seen. He continued on to volunteer in a local hospital which helped to mold his interest in medicine. The doctor that his mother worked for became his mentor. He gave him countless hours of guidance and provided him with the knowledge of what it meant to be a physician as well as the complexities of running a private practice.

Dr. Ayrons grew up in Long Island, New York, and completed his bachelor's degree in Biology at the University of Albany while volunteering at the local hospital in the Pathology department. His passion for science and what he had learned at an early age of the experimental and clinical based approach continued on and he completed a degree in Master's in Microbiology in Adelphi University, New York. He worked full time as a teaching assistant to save money for medical school. Dr. Ayrons graduated and earned his medical degree from Wayne State University. His strong research background has enabled him to follow the latest developments in the research field and he continues to be consulted in critical cases. He worked for a poison control center while attending medical school that broadened his experience and interest in toxicology and management in

various exposures. After medical school he returned to his home state and completed his internal medicine residency at Stoney Brook University Hospital. During his residency, he worked with patients who had various malignancies and was able to provide superior care and consultation that resulted in a full recommendation for a fellowship training program in Oncology and Hematology at Stoney Brook.

In 1995, he joined a growing Oncology and Hematology Practice in Gastonia, North Carolina—just outside of Charlotte—and was a partner for 23 years. Dr. Ayrons focused on patient treatment and reevaluated several methods of therapy management dependent on cancer type tailored to a patient's individual history and efficacy of previous treatments. For 25 years he developed excellent patient and family relationship skills that created a loyal patient following. He is board certified in Oncology, Hematology and Internal Medicine which gave him the edge of understanding on a generalist approach to all malignancies. Additionally, he was involved in several clinical trials, past president of the Internal Medicine department and was highly involved with local community outreach programs.

Over the years, Dr. Ayrons frequently visited California since his sister-in-law lives in the area. Now he is excited to have the opportunity to join the team of Mission Hope Cancer Center as he continues his passion for Oncology. He is looking forward to taking care of patients on the Central Coast.

## Patient Centered Care

**The physicians of Central Coast Medical Oncology are pleased to announce the addition of a new physician assistant to their practice: Stacie Fulcher, PA.**

Stacie Fulcher, PA, was born and raised in a rural community in the Midwest. She received a Masters Degree in Physician Assistant Studies from the University of Nebraska Medical Center in 2007, graduating With Distinction. Later, as she became fascinated with the vast spectrum of oncology and emerging therapies, she relocated to the Pacific Northwest in 2011 where she joined a Medical Oncology and Hematology group.

Stacie believes in building strong interpersonal relationships with her patients and providing individualized care. She advocates for sharing knowledge in a compassionate way and believes that adequate education aids patients and their families in decision making—and ultimately improves outcomes.

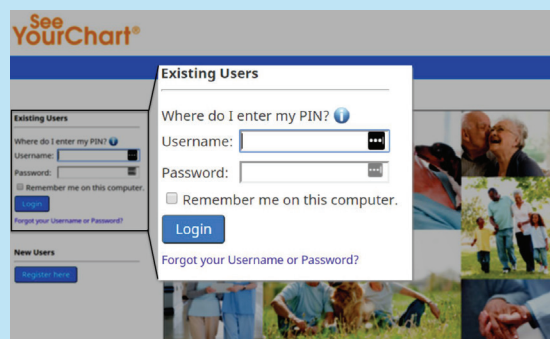
Outside of her career she enjoys spending time with her quite active, outdoor-loving family. She particularly enjoys camping, running, mountain biking and skiing.

Stacie is excited to be joining Mission Hope Cancer Center and caring for patients here. She plans to collaborate closely with our excellent physician staff, anticipating that her arrival will help increase access to unsurpassed and exceptional patient care within the Central Coast.



**Stacie Fulcher, PA**  
Physician Assistant

Stacie will be seeing  
Central Coast  
Medical Oncology  
patients.



**SEEOURCHART®**

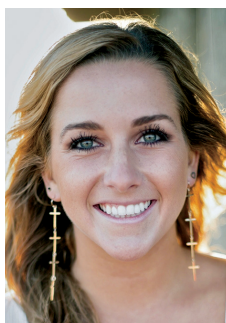
## Try our new patient portal

Get easy, secure access to  
your health records online.

SeeYourChart™ is a free service that allows you to view essential information about your medical treatment without having to call your oncologist's office.

- Register with a simple, 3-step process
- Access your clinical summaries, upcoming appointment information, patient education resources, and lab results
- Share information with your care team and family members in a safe, secure way

**Request access from any one of our staff to get started!**



**Kelsey McCourt, RD**  
Clinical Registered Dietitian

We've got some great ideas to help you put a healthy spin on your favorite holiday recipes; it's the best of both worlds!

## Choosing Cancer Fighting Foods this Holiday Season

The holiday season is right around the corner, which means a surplus of family, friends, and FOOD. The desire to overeat and indulge on treats we've waited for all year can oftentimes be a struggle. Putting a healthy spin on your favorite holiday recipes can increase nutritional value and lower excess sugars, calories, and fat—all while satisfying your year-long cravings for these traditional treats.

### Sweet Potato Casserole

It may be sweet and delicious, but this Thanksgiving staple is known to pack on the extra calories. Traditionally made with lots of butter, sugar, and in many households, marshmallows, mainstream recipes typically result in a decadent, high calorie dish. This year, try baking your sweet potatoes with olive oil, herbs, and spices. Mash the potatoes when soft for a lighter, delicious result. By eliminating butter and sugar, you can reap the benefits of this nutrient-dense root vegetable while maintaining your waistline.

*Did you know?* Sweet potatoes are a great source of carotenoids which work as an antioxidant to improve immune response and may aid in the prevention of cancer cell growth.

### Pie

The cherry on top of a holiday meal is a generous helping of apple or pumpkin pie. This is yet another item on the menu that can lead to over consumption of calories, fat, and sugar. Ditch the crust and use 50% less sugar for a pie that's half of the calories, but all of the goodness. Pumpkins are packed with the antioxidant beta-carotene, which has many health benefits including cancer fighting components!

Interested in learning more about how to alter your favorite holiday recipes? Then join us at our HEAL class on November 1. We'll be serving up free food, recipes, and tips on how to stay healthy during this holiday season!

### Peanut Butter Apple Nachos

Apples contain a variety of antioxidants that may help to inhibit inflammation and aid in immunity. Several studies have even shown an association between apple consumption and reduced cancer risk. Try the recipe below for a unique twist on dessert to wow the relatives!

#### Ingredients:

1-2 apples  
3 Tbsp. peanut butter  
1 Tbsp. honey  
½ Tbsp. cinnamon  
2 Tbsp. shredded coconut  
Peanut butter baking chips  
Mini semi-sweet chocolate chips  
Add additional toppings of your choosing; get creative!

#### Directions:

Thinly slice apples and lay on top of a platter  
Mix together peanut butter, honey, and cinnamon and place in microwave for 15 second increments until slightly melted  
Drizzle peanut butter/honey mixture on top of apples  
Sprinkle shredded coconut, peanut butter chips and mini chocolate chips on top OR add your desired toppings  
Serve immediately and enjoy



# Indoor Exercise Tips for Rainy Days



It is becoming increasingly well-known that exercise is an important component of cancer recovery—reducing the risk of the disease’s recurrence and increasing survival after diagnosis. Many forms of exercise can be enjoyed outdoors on our beautiful central coast. On those rare occasions when rain may keep us indoors, many of these exercises can be modified slightly so that they can be performed indoors. Here are some suggestions to keep the momentum going.



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

**1. Flexibility Exercises**, like stretching, can be done by anyone, anywhere. Stretching is important for maintaining mobility and helps individuals who are not yet ready for more vigorous exercise.

**2. Aerobic Exercise.** While most forms of aerobic exercise—like walking, swimming, and jogging—typically take place outdoors, be creative! Turn on some inspirational music and walk, dance, or jog in place. Pop in an exercise DVD during inclement weather and do yoga or aerobics in your living room. Walk up and down your stairs, if you have any, or march in place to your favorite tune. Go to the mall and walk—just leave your credit card at home.

**3. Resistance Training.** Resistance training can be either lifting weights or doing isometric exercise, both of which build muscle. Many people lose muscle during cancer treatment and put on some unwanted weight after treatment is completed. This can be minimized with resistance training. You don’t have to have a full gym to engage in resistance training: Exercise bands, small dumbbells, and even canned foods can be used to add resistance to most movements.

**4. Balance Activities.** An important component of healthy living is maintaining our balance and avoiding falls. If we are not actively working to avoid falls we are slowly regressing. Doing balance activities must be performed in a safe environment. Any time we are standing on one foot we are working on balance. I recommend standing at your

counter and lift one foot off the floor, count how long you can stand before you begin to wobble. Repeat on the opposite side and see if you can match or beat your time.

Don’t let rain or fog keep you from exercising when you are in treatment or post-treatment. Simple modifications can make most exercises possible and enjoyable, even on the cloudiest of days. If you have questions, need other suggestions or would like help implementing an exercise plan, I would love to assist you in becoming as healthy as you want to be. Please contact John Malinowski at 805.346.3413—before the rain comes.

*New  
class!*

## HEAL: Healthy Eating and Activity for Living

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

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

**November 1:**  
**Choosing Cancer Fighting Foods this Holiday Season**

**December 6:**  
**Exercise Tips for Indoors When It’s Raining**

Combining the powerful synergy of food and fitness, this class series can help you reach your best possible quality of life as you enjoy free food, delicious recipes, exercise tips and more!

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

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

## HANDLING THE HOLIDAYS



### Coping with Grief:

#### Ways to externalize the loss— give it a time and a place

- Say a prayer before the Holiday dinner about your loved one.
- Light a candle for your loved one.
- Create a memory box for them.
- Have everyone tell a funny story about your loved one.
- Put a bouquet of flowers on the holiday table in memory of your loved one.
- Have a moment of silence during a holiday toast to honor your loved one.
- Play your loved one's favorite music or favorite game.

### Light Up A Life Celebration

Dignity Health Hospice invites you to our candlelight celebration as we remember our loved ones. Program includes music, reading of the names, the lighting of the memorial tree and a presentation of a photomontage.

**Wednesday, December 5, 2018**  
**6:30 to 7:30 p.m.**

First United Methodist Church  
311 South Broadway, Santa Maria

For more information, call 805.739.3595

With the loss of a loved one, the holiday season may no longer hold appeal. Many find it challenging to face the festivities in new circumstances. Please join us for one of our free informal discussions which will focus on practical ways to minimize negative feelings and explore helpful coping strategies.

## Managing Loss and Grief During the Holidays

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

Choice of two locations; refreshments served.

**Thursday, November 8**  
**5:00 to 7:00 p.m.**

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

**Tuesday, November 13**  
**2:00 to 4:00 p.m.**

**Arroyo Grande Community Hospital Boardroom**  
345 South Halcyon Road, Arroyo Grande

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

We can help you take the  
journey of healing one step  
at a time.



## CAREGIVER CONCERNS

You are invited to join us for a special presentation by Mary Amedeo, LCSW, and Tina McEvoy, RN, to get acquainted with the array of support services offered through the Family Caregiver Support Program.

# Powerful Support Tools for Family Caregivers

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. If this describes you: take heart. Help is available.

The Family Caregiver Support Program at Marian Regional Medical Center is designed to empower caregivers as a member of our healthcare team. At the heart of the program is the Family Caregiver Navigator who assesses and links caregivers to program services, 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.

### Services offered include:

- Information will be presented about a six week class, “Powerful Tools for Caregivers” which addresses a number of issues faced by caregivers, such as how to make tough decisions, communicate effectively with family members and paid help, set goals and solve problems
- Ongoing Caregiver Support Group meeting held twice a month led by a Licensed Clinical Social Worker
- Individual dementia consultations
- A respite volunteer service to provide a much-needed break for caregivers
- Learning the Care Mapping Tool

Make plans now to attend this event to discover how to put these valuable resources to work for you and your loved one.

**Wednesday, December 12 • 5:00 p.m.**

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

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



**Mary Amedeo, LCSW**  
Family Caregiver Navigator



**Tina McEvoy, RN**  
Coordinator Care Transitions  
and Palliative Care

■ **This evening's event includes a light dinner and loads of beneficial information!**



## LIVING AND LEARNING

Online wellness program

### iTHRIVE Plan Radio Show

If you are interested in learning more about the iTHRIVE Plan—which is available free of charge at the cancer center—listen to the weekly radio show featuring the founders of iTHRIVE, Karolyn Gazella and Lise Alschuler, ND. During each Five to Thrive Live! radio show Karolyn or Lise interviews an integrative health-care expert about a topic relevant to people affected by cancer. Each 50-minute show is packed with valuable information that will increase your understanding and give you guidance in healthy lifestyle strategies. The show covers topics as diverse as emotional eating, nurturing relationships during crisis, sexuality during and after cancer, edible antioxidants and more. There are many ways to listen. All shows air live on Tuesdays, 7:00 p.m. PT on [www.w4cs.com](http://www.w4cs.com). You can also find podcasts of prior shows on [iHeartRadio.com](http://iHeartRadio.com) or [ithriveplan.com/radio](http://ithriveplan.com/radio).

Some of the upcoming iTHRIVE radio shows in November and December include:

- The Power of Homeopathy with guest Dr. Nancy Gahles
- The impact of air pollution on our health and what we can do about it with guest Dr. Marianne Marchese
- Current Research Review with Hosts Karolyn Gazella and Dr. Lise Alschuler

**For more information on the plan, please call Kim Neace, RN, OCN: 805.346.3469.**

## Support for People with Oral and Head and Neck Cancer

You are invited to join us for a special event:

### “How Your Spiritual Care Providers Can Help”

**Monday, November 12 • 5:00 to 6:30 p.m.**

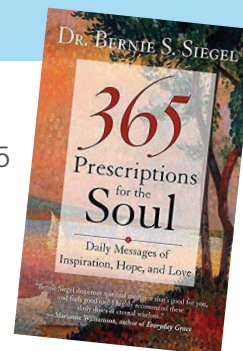
**Guest Speaker: Dan McGill, Chaplain**

For the month of November we have invited Chaplain Dan McGill to speak to us about the support services offered by the spiritual care staff to cancer patients and their families. Book giveaway and holiday treats!

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria  
**NO RESERVATIONS NECESSARY**

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

**Free gift!** Each attendee on November 12 will receive a free copy of the book, *365 Prescriptions for the Soul*, by Bernie Siegel, MD. A daily guide for navigating life's challenges, this book offers bite-sized insights with Dr. Siegel's unique blend of heart-touching humor and wisdom—perfect for the new year.



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

**Special Program:**

### Palliative Care/Pain Management for Cancer Patients

**Guest Speaker: Tina McEvoy, RN, Palliative Care Coordinator**

This presentation will help participants discover the role of palliative care in providing relief from the symptoms and side effects caused by treatment resulting in improved quality of life at any age and at any stage of cancer.

**Friday, November 9 • 8:00 a.m. (English group)**

**Viernes, 16 de Noviembre • 8:00 a.m. (Grupo en Español)**

Mission Hope Cancer Center Conference Room  
1325 East Church Street

**NO RESERVATIONS NECESSARY • REFRESHMENTS SERVED**



## HOLIDAY GATHERINGS

# Let's have a holly, jolly Christmas!

You're invited to celebrate the season with us.

Family focused support group

## Family Night Support Group Holiday Party

**Wednesday, November 28 • 6:00 to 7:30 p.m.**

Designed for children and teens with cancer, this support group meets monthly to address the concerns of everyone in the family. Program begins with a family dinner, followed by activities for youngsters and parents. Tonight we'll be celebrating the season with a special dinner and each child will receive a gift.

For children and grandchildren of cancer patients

## Kids Support Circle Holiday Party

**Tuesday, December 18 • 4:00 p.m.**

Meeting selected Tuesdays, this small group setting offers a safe place where children use art, games, and journals to express their feelings and learn new skills for living with cancer in the family. Your children or grandchildren are welcome to join us for some special holiday fun. Each child will receive a gift.

All blood cancer support group

## Holiday Party at the Lymphoma, Leukemia & Multiple Myeloma Support Group

**Thursday, December 20 • 2:00 p.m.**

This group meets monthly to help individuals and their families cope with diagnosis of a blood cancer before, during and after treatment.

**Join us for delicious goodies catered by Chef Rick.**

Grupo de apoyo español

## Fiesta de Navidad con el Grupo Apoyo y Educación para Personas con Cáncer

**Jueves, 29 de Noviembre • 2:00 p.m.**

Si usted o alguien de su familia sufre de cáncer acompáñenos para discutir temas de como combatir y sobrevivir la enfermedad.

**Los Adobes de Maria II, 1148 West Boone Street, Santa María**



A soothing musical treat

## Holiday Harp Concert with Toni Destro

**Wednesday, December 5  
5:00 to 7:00 p.m.**

Well known to Mission Hope patients, Toni Destro has been a long time volunteer, bringing her elegant harp and beautiful music to the infusion room where patients, staff and volunteers bask in the peaceful harmonies that fill the room. Tonight, as a respite from the busy holiday season, Toni will perform holiday favorites for an evening of music and relaxation.

■ Unless otherwise indicated, events on this page held at Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

# November Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 				
<b>5</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>6</b> 9:00 Lymphedema Prevention Exercise 9:00 Comida para la Vida (Spanish) 4:00 Kids Support Circle	<b>7</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group	<b>1</b> 2:00 HEAL: Healthy Eating and Activity for Living Choosing Cancer Fighting Foods this Holiday Season 6:00 Cancer Rehab	<b>2</b> 8:00 Grupo de Discusión para Hombres con Cáncer
<b>12</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria Dan McGill Presentation	<b>13</b> 9:00 Lymphedema Prevention Exercise	<b>14</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab 5:30 Presentation: What's New in Lung Cancer Treatment	<b>15</b> 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 2:00 Healing Touch 5:00 Presentation: Palliative Care—Living with Hope 6:00 Cancer Rehab	<b>16</b> 8:00 Grupo de Discusión para Hombres con Cáncer Presentación de Tina McEvoy 1:00 Rediscovering the Spirit of Giving with Terrie Miley
<b>19</b> 10:00 Cancer Rehab 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>20</b> 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 4:00 Kids Support Circle	<b>21</b> Office closed for Thanksgiving Holiday	<b>22</b>  Office closed for Thanksgiving Holiday	<b>23</b> Office closed for Thanksgiving Holiday
<b>26</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>27</b> 9:00 Lymphedema Prevention Exercise	<b>28</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab 6:00 Family Night Support Group Holiday Party	<b>29</b> 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer Fiesta de Navidad 6:00 Cancer Rehab	<b>30</b> 1:00 Rediscovering the Spirit of Giving with Terrie Miley

# December Classes and Programs

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>4</b> 9:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 4:00 Kids Support Circle	<b>5</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Christmas Music Toni Destro, Harpist	<b>6</b> 2:00 HEAL: Healthy Eating and Activity for Living Exercise Tips for Indoors When It's Raining 6:00 Cancer Rehab	<b>7</b> 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Rediscovering the Spirit of Giving with Terrie Miley	
<b>10</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>11</b> 9:00 Lymphedema Prevention Exercise	<b>12</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Presentation: Support Tools for Family Caregivers	<b>13</b> 2:00 Mindfulness Refresher 6:00 Cancer Rehab	<b>14</b> 8:00 Men's Cancer Discussion Group 1:00 Soul Collage	
<b>17</b> 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	<b>18</b> 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 4:00 Kids Support Circle Holiday Party	<b>19</b> 9:00 Cancer Rehab 10:00 Fight Against Falls Class 4:30 Cancer Rehab	<b>20</b> 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group Holiday Party 6:00 Cancer Rehab	<b>21</b> 8:00 Grupo de Discusión para Hombres con Cáncer	
<b>24</b> Office closed for Christmas Holiday	<b>25</b> Office closed for Christmas Holiday	<b>26</b> 9:00 Cancer Rehab 4:30 Cancer Rehab	<b>27</b> 6:00 Cancer Rehab	<b>28</b> 8:00 Men's Cancer Discussion Group	
<b>31</b> Office closed for New Year Holiday					<p>Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 16-18.</p> <p>Calendar depicts weekdays only.</p>

## DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

### MEETING LOCATIONS

#### SANTA MARIA (SM)

Allan Hancock College  
800 South College Drive

MHCC

Mission Hope Cancer Center  
1325 East Church Street

MHW

Marian Health & Wellness Center  
1207 East Main Street

Los Adobes de Maria II  
1148 West Boone Street

#### SAN LUIS OBISPO (SLO)

HCRC

Hearst Cancer Resource Center  
1941 Johnson Avenue, Suite 201

Veterans' Memorial Building  
801 Grand Avenue

#### PASO ROBLES

Oak Park Chet Dotter  
Senior Community Center  
801 28th Street

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

**Hearst Cancer Resource Center, SLO**  
NOV 26; 1:30 PM

(By appointment only)

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

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

**Mission Hope Cancer Center, SM**  
NOV 5, 12, 19, 26 & DEC 3, 10, 17;  
3:30 PM

\*Please note:

Treatments again held on Mondays.

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

#### Spanish Groups • En Español:

Apoyo y Educación para  
Personas con Cáncer

Si usted o alguien de su familia  
sufre de cáncer acompañenos para  
discutir temas de como combatir y  
sobrevivir la enfermedad.

**Los Adobes de Maria II, SM**

NOV 29\*; 2:00 PM

\*Holiday Party/Fiesta de Navidad

**Oak Park Chet Dotter Senior  
Community Center, Paso Robles**

NOV 27; 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**

NOV 19 & DEC 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**

NOV 6 & DEC 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**

NOV 1, 15 & DEC 6, 20; 6:00 PM

**Mission Hope Cancer Center, SM**

NOV 7 & DEC 5\*; 5:00 PM

\*Toni Destro, Harpist

May time spent with  
family and friends  
this holiday season  
fill your heart  
with joy.



#### Cancer Rehabilitation

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

**Marian Health & Wellness Center, SM**

RESERVATIONS REQUIRED; SCHEDULE  
AN ASSESSMENT AT 805.346.3413.

#### Coloring Your Stress Away

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

**Hearst Cancer Resource Center, SLO**

NOV 15 & DEC 20; 11:00 AM

RESERVATIONS REQUIRED; PLEASE  
CALL 805.542.6234.

#### Clase en Español:

Comida para la Vida

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

**Mission Hope Cancer Center, SM**

NOV 6 & DEC 4; 9:00 AM

FAVOR DE LLAMAR PARA UNA CITA A  
805.346.3406.

#### Family Night Support Group

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

**Mission Hope Cancer Center, SM**

NOV 28\*; 6:00 PM \*Holiday Party

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

#### 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.



## 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**  
NOV 7, 14, 28 & DEC 5, 12, 19;  
10:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL 805.346.3413.

## Guided Meditation Class

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

**Hearst Cancer Resource Center, SLO**  
NOV 7 & DEC 5; 5:00 PM

## HEAL: Healthy Eating and Activity for Living

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

**Mission Hope Cancer Center, SM**  
NOV 1\* & DEC 6†; 2:00 PM

\*Topic: Choosing Cancer Fighting Foods this Holiday Season

†Topic: Exercise Tips for Indoors When It's Raining

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

## Healing Touch (Energy Balancing)

Certified practitioners help to promote relaxation, ease muscle tension and decrease stress in cancer patients which can lead to reduced pain and improved sleep.

**Hearst Cancer Resource Center, SLO**  
NOV 12, 26 & DEC 10; 11:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL 805.542.6234.

**Mission Hope Cancer Center, SM**  
NOV 15; 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

## *Please note: new time*

### 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**  
NOV 6, 20 & DEC 4, 18\*; 4:00 PM

\*Holiday Party

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**  
NOV 14; 12:45 PM

BY APPOINTMENT;  
PLEASE CALL 805.346.3413.

## Living with Cancer Support Group

Informal support group for all patients and their loved ones.

**Hearst Cancer Resource Center, SLO**  
NOV 1, 15 & DEC 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. Complimentary cosmetic kit included.

**Hearst Cancer Resource Center, SLO**  
NOV 7 & DEC 5; 10:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL: 805.542.6234.

## Look Good, Feel Better (continued)

**Mission Hope Cancer Center, SM**  
NOV 20 & DEC 18; 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**  
NOV 13 & DEC 11; 1:00 PM

## Lymphedema Prevention Exercise

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

**Marian Health & Wellness Center, SM**  
NOV 6, 13, 20, 27 & DEC 4, 11, 18;  
9:00 AM

RESERVATIONS REQUIRED;  
PLEASE CALL 805.346.3413.

## Lymphoma, Leukemia & Multiple Myeloma (LL&MM)

(All Blood Cancer Support Group)  
Established to help individuals and their families cope with diagnosis, before, during and after treatment.

**Hearst Cancer Resource Center, SLO**  
NOV 14 & DEC 12; 1:00 PM

**Mission Hope Cancer Center, SM**  
NOV 15 & DEC 20\*; 2:00 PM  
\*Holiday Party

**Men's Cancer Discussion Group**  
Facilitated by Sean Hunt, RN, BSN, OCN, this group provides a relaxed forum to discuss issues, exchange information and get answers. Meetings also feature educational presentations given by qualified speakers.

**Mission Hope Cancer Center, SM**  
NOV 9\* & DEC 14, 28; 8:00 AM  
\*Guest Speaker: Tina McEvoy, Palliative Care/Pain Management

## CLASSES, GROUPS & PROGRAMS

### **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**

NOV 2, 16\* & DEC 7, 21; 8:00 AM

\*Presentación: Tina McEvoy, Palliative Care/Pain Management

FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.

### **Mindfulness Refresher Class**

Participants who took the eight week course can practice together.

#### **Mission Hope Cancer Center, SM**

DEC 13; 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**

NOV 19 & DEC 17; 6:30 PM

### **Wishing you a very happy holiday season!**

We look forward to sharing the joy of the season with you. Please see page 13 for details on Mission Hope special Holiday gatherings.

### **Pure Stoke Youth Program**

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

### **Qigong Class**

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

#### **Hearst Cancer Resource Center, SLO**

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

### **Rediscovering the Spirit of Giving**

The book *The 13th Gift* serves as inspiration for this class series that will help participants to reach out to others and be blessed by the transformative spirit of giving.

#### **Mission Hope Cancer Center, SM**

NOV 16, 30 & DEC 7; 1:00 PM

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

### **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**

NOV 9 & DEC 14; 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**

NOV 12\*; 5:00 PM

\*Guest Speaker: Dan McGill, Chaplain, How Your Spiritual Care Providers Can Help

### **Tai Chi Chih**

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

#### **Hearst Cancer Resource Center, SLO**

NOV 7, 14, 21, 28 & DEC 5, 12, 19; 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**

NOV 5, 12, 26 & DEC 3, 10, 17; 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**

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

#### **Mission Hope Cancer Center, SM**

NOV 5, 12, 19, 26 & DEC 3, 10, 17; 2:00 PM

### **Yoga for Cancer Patients and Survivors**

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

### **Gentle Yoga**

#### **Mission Hope Cancer Center, SM**

Will resume in 2019

### **Restorative Yoga**

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

#### **Hearst Cancer Resource Center, SLO**

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

BY APPOINTMENT;  
PLEASE CALL 805.542.6234.

NEW CLASSES

## TURN TO US FOR ANSWERS ABOUT CANCER

### **Marian Regional Medical Center at Mission Hope Cancer Center**

1325 East Church Street, Suite 102  
Santa Maria, California

**805.219.HOPE (4673)**

**Se habla español: 805.346.3406**

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

**Lindsey Boschen, RN, OCN**

ONCOLOGY NURSE NAVIGATOR

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CANCER REHABILITATION PROGRAM

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**Hector Rodriguez**

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ESPECIALIZADO EN ONCOLOGÍA

**805.346.3406**

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### **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

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**Beverly Kirkhart**

DIRECTOR, HCRC

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### **Infusion Center of San Luis Obispo**

715 Tank Farm Road, Suite B

San Luis Obispo, CA

**Susan L. Diaz, RN, OCN**

MANAGER

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### **Dignity Health Central Coast**

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### **Mission Hope Cancer Center Phone Numbers**

#### **FIRST FLOOR:**

Marian Cancer Care .....805.219.HOPE (4673)

Marian PET/CT Center ..... 805.346.3470

Radiation Oncology ..... 805.925.2529

#### **SECOND FLOOR:**

Marian Breast Imaging Center ..... 805.346.3490

Mission Hope Health Center ..... 805.346.3456

Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist

Monica A. Rocco, MD, FACS, Breast Surgeon

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

Cancer Risk Program/Survivorship Program

#### **THIRD FLOOR:**

Medical Oncology .....805.349.9393

Mission Hope Infusion Center ..... 805.346.3419

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



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

## NEW! FUN GROUP ACTIVITY FOR THE HOLIDAYS

# Rediscovering the Spirit of Giving

**Group facilitator: Terrie Miley**

Designed especially for the holidays, this series is for those who are experiencing difficulty dealing with a loss or a challenge and don't know how or if they will ever find their way back. *The 13th Gift* reinforces how the most precious gifts at Christmas are when people give unconditional love and it proves how compassion and a kind heart can change lives.



At our first meeting, the group will discuss the book's premise and share success stories from the past. At the next meeting, the process of reaching out will be revealed and everyone will choose whom they wish to gift. The final session is where the magic happens! Come to share your story to establish a sense of community with others who may be feeling and experiencing some of the same things you are.

**Each participant will receive a free copy of the book, *The 13th Gift*.**

**Join us on Friday afternoons for a three-week series:**

**November 16, 30, December 7 • 1:00 p.m.**

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

**Seating is limited and reservations are required.**

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

- **Having a hard time coping with the holidays?**
- **Grinch got your Christmas?**
- **Struggling to get in touch with your inner gifter/elf?**

**Come and rediscover your joy!**

■ Random acts of kindness can transform your Christmas and the lives of those around you. *The 13th Gift* is a Christmas story describing how an unexpected act of kindness transformed one of the bleakest moments in a family's history into a time of strength and love. It's a lovely story that proves we can recover from any loss, strengthened by the blessings of others. Join us to be inspired, reach out to others and be blessed by the infectious and transformative spirit of giving.

