

FREE COMMUNITY PRESENTATION

Worry, Sadness and Emotional Resiliency during the Cancer Journey

Guest Speaker: Nell Bennett, MSW, LCSW

Join us for an informative and compassionate discussion about cancer's potential impact to our mood, emotions and coping skills for resiliency. The journey through cancer challenges our mind and spirit; impacting our emotions, mood and relationships. Come explore and better understand our Mind-Body's response to cancer. Attendees will also be introduced to specific coping skills and non-pharmaceutical interventions designed to help respond and better manage emotions that can be unfamiliar or overwhelming.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, March 18, 2020 • 5:30 p.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Please call Mission Hope, Arroyo Grande to register: 805.474.5300

MISSION HOPE CANCER CENTER, SANTA MARIA

Thursday, March 19, 2020 • 5:30 p.m.

1325 East Church Street, Santa Maria

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



Nell Bennett, MSW, LCSW

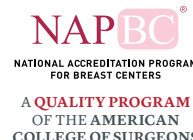
Licensed Clinical Social Worker & Psychotherapist

■ Nell is a psychotherapist and medical social worker in private-practice in San Luis Obispo. She works with persons impacted by chronic illness, unexpected health challenges and adjustment to disability.

También en español:

Taller educativo sobre la salud mental: depresión y ansiedad

Con Iliana Legorreta Gelles, LMFT
17 de Marzo (Santa Maria)
25 de Marzo (Arroyo Grande)
Para mas información, llame a Hector **805.346.3406**



Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

Day of Hope is April 8: Make a gift in honor of a physician, caregiver or loved one.
Please call 805.739.3595

March/April 2020



Dustin E. Stevenson, DO
Medical Oncology/
Hematology

Dr. Stevenson is known for his ability to simplify complex information and make it accessible to patients and families.

Mission Hope Cancer Center is pleased to welcome our newest physician who will join our team of cancer care experts this March.

Introducing Dustin E. Stevenson, DO

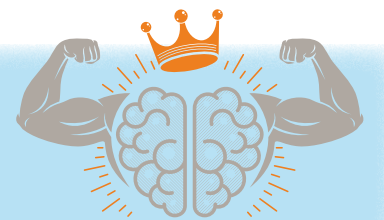
Dr. Stevenson grew up in Southern California and completed his undergraduate degree at the University of California San Diego and medical school at Western University of the Health Sciences in Pomona, California. After graduating from medical school, Dr. Stevenson entered the Air Force and completed his internal medicine residency and hematology/oncology fellowship at Wilford Hall Medical Center, Lackland Air Force Base, San Antonio, Texas. Dr. Stevenson completed additional training in allogeneic stem cell transplantation at the Fred Hutchinson Cancer Research Center/University of Washington Medical Center in Seattle.

After his fellowship, Dr. Stevenson was named the Medical Director of the stem cell transplant unit at Wilford Hall Medical Center. In 2008 he deployed to Iraq serving as a critical care physician. In 2010, Dr. Stevenson transferred to Travis Air Force Base in Northern California where he served as the department chairman of Hematology/Oncology. After completing his Air Force service, Dr. Stevenson was recruited to start the Medical Oncology and Hematology program at PIH Health in Whittier, California, where he served as Department Chair, Medical Director of the Infusion Center and inpatient oncology unit as well as Chairman of the Cancer Committee. Among his many achievements, Dr. Stevenson was credited with piloting a high risk breast clinic.

Dr. Stevenson's patient care philosophy is to build a trusting relationship with his patients and families while providing excellent, high quality, personalized care.

Knowledge is power.

Driving our commitment is our shared belief that when it comes to preventing cancer, knowledge is power. We are dedicated to empowering our patients with education.



Mission Hope
Cancer Center Leadership

Robert A. Dichmann, MD
Medical Oncology/Hematology
Medical Director
Marian Cancer Program

Keith A. Ayrons, MD
Medical Oncology/Hematology

Erin Chamberlain, MD
Medical Oncology/Hematology

Ira E. Felman, MD
Medical Oncology/Hematology

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic Oncology

Christopher V. Lutman, MD, FACOG
Gynecologic Oncology

Cecil Robertson, MD
Medical Oncology/Hematology

Monica A. Rocco, MD, FACS
Breast Surgical Oncology

Dustin E. Stevenson, DO
Medical Oncology/Hematology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

Jeffrey Wu, MD
Radiation Oncology

Katherine M. Guthrie
Senior Director, Cancer Services,
California Central Coast Division

Day of Hope

Visit supportmarianmedical.org/dayofhope to help deliver hope to local cancer patients.



Wednesday, April 8, 2020

Join hundreds of neighbors from Santa Maria, Nipomo, Orcutt, Lompoc, and Santa Ynez as we sell \$1.00 Day of Hope *Santa Maria Times* newspapers on April 8, 2020. How can you help?

- **Volunteer:** Organize a team or join a team to sell newspapers.
- **Make a donation:** Make a gift for local cancer patients at supportmarianmedical.org/dayofhope.
- **Sponsor the event:** Participate as a sponsor and receive both the recognition and satisfaction of knowing that you are supporting local cancer care.

PROUDLY PRESENTED BY
INSPIRE LEVEL
SPONSORS...



The Teal Journey
OVARIAN CANCER FOUNDATION
www.thetealjourny.org

Why our Sponsors Support Day of Hope

■ “The Teal Journey Ovarian Cancer Foundation is honored to again be a part of Day of Hope! We believe in giving back to the community that continues to support our cause. Our mission is to educate and empower women (and men) through advocacy and participating in this community event gives us a fun way of accomplishing this goal. Our team has grown over the years and includes ovarian cancer survivors, volunteers, and board members.”

—Cristina Martins Sinco, President/Co-Founder

■ “The team at Home Motors partners with Mission Hope Cancer Center and sponsors Day of Hope because we know that cancer affects everyone in our community. We want to support the efforts of our friends and neighbors in the Santa Maria Valley doing what we can to eradicate cancer, and provide the highest quality treatment available for those in need.”

—Tim Ritchie, General Manager

SCREENINGS SAVE LIVES

Colorectal Screening Made Possible
by Generous Donors

March has been designated as Colorectal Cancer Awareness Month

At Mission Hope Cancer Center, the month of March has become an opportunity to both educate and assist patients who might be unaware or unable to receive necessary screenings. Thanks to the generosity of donors, a free screening was provided for local residents with 17 patients receiving both services and education. One patient who benefited was Tony Davis.

A local worker in the medical waste field, Tony is no stranger to the field of medicine. Yet, even with his experience, he was unaware of the resources available to the community. Fortunately, he was informed about it and jumped at the screening opportunity.

“It was a huge blessing to me, since I was at the right age for the screening,” Tony shared. “Once my wife and I heard, we signed up right away.”

The free screening was made available to individuals who otherwise would not be capable of making an appointment due to cost. Not receiving the recommended checkups could result in delayed identification and treatment of cancer. For Tony, it meant a polyp was found and resulted in his need for further awareness.

At Mission Hope Cancer Center, the programs and services are offered to all residents of the Santa Maria Valley, providing integrative treatment and care for local patients in need. If you would like to support the needs of patients like Tony, visit supportmarianmedical.org/missionhopecancercenter.



COLON CANCER
STATISTICS

60%

of colorectal cancer
deaths

could be prevented
with screening

Recognizing Santa Maria Gastroenterology for their Support



■ We are grateful for the many donors who provide for the healing work at Mission Hope Cancer Center. With colon cancer as the third leading cause of cancer-related deaths in the county and screenings remaining low among the population, Santa Maria Gastroenterology has filled an important need by supporting free screenings in the community (see page 7). Thank you to Santa Maria Gastroenterology for their generosity.

1400 East Church Street, Santa Maria, California 93454 | 805.739.3595 | supportmarianmedical.org/dayofhope

Recognizing community support



In 2019, **\$189,188** in donations to the Cancer Care Fund was put to good use to serve a total of **772** local patients.

Arroyo Grande Community Hospital Foundation
We are working together to make a lasting impact in the lives of cancer patients. Due to the generosity of the community, we are making a difference and we salute you. Every dollar given supports the patients of Mission Hope Arroyo Grande.

Cancer Care Fund—Mission Hope Arroyo Grande

■ The Cancer Care Fund at Arroyo Grande Community Hospital Foundation provides local cancer patients and survivors with the financial and emotional assistance they need to remove unnecessary stress that could diminish their health.

In 2019, **\$189,188** was used to serve a total of **772** patients as follows with donations to the Cancer Care Fund:

- 180 Gas Cards**
- 51 Grocery Cards**
- 83 in Financial Assistance**
- 351 in Cancer Support Groups**
- 52 Psychosocial Counseling Sessions**
- 40 Genetic Counseling Sessions**
- 15 Colonoscopy Screenings**

The fund also supports an oncology nurse navigator and social worker to guide each patient from diagnosis throughout recovery and connect them with any resources they need.

Early diagnosis and treatment are key in making a full and fast recovery, and that’s why the Cancer Care Fund provides diagnostic screenings, biopsies, genetic counseling and testing, and therapies to those that could not otherwise afford them.

These services are made possible by community support. Each gift to the Cancer Care Fund helps support cancer patients throughout their journey.

For more information on how you can help, please contact the Arroyo Grande Community Hospital Foundation at 805.994.5421 or visit SupportArroyoGrande.org.

Comedy Night Coming Up!

■ **Comedy in the Country** will be held on **Saturday, March 14, 2020, at 6:00 p.m.** at Thousand Hills Ranch in Pismo Beach. Comedy in the Country will feature comedy by nationally recognized comedian and TV personality Trish Suhr, and music by Monte Mills and the Lucky Horseshoe Band! Trust us—you will not want to miss this one! All proceeds will benefit cancer programs and services including the cancer rehabilitation program at Mission Hope Arroyo Grande. For tickets or more information visit SupportArroyoGrande.org or call 805.994.5421.

Cancer registrars play an important role in cancer care. People may not know these hard working people are behind the scenes collecting cancer data that provides essential information to researchers, healthcare providers, and public health officials to better monitor and advance cancer treatments, conduct research, and improve cancer prevention and screening programs. In honor of National Cancer Registrars Week in April, below we will shed light on the very important role cancer registrars play in improving cancer treatment and prevention.

Five Questions with a Cancer Registrar

1. What is the cancer registry?

The Cancer Registry team is responsible for collecting and coding detailed information related to clinical diagnosis/workup, stage of disease, treatment, and survivorship from patients’ medical records and storing that information within the institution’s cancer registry database. As mandated, the cancer cases are reported to the state and national cancer registries; cancer patients’ information is kept safe and secure. The high-quality data is used in several ways including the facilitation of research, to inform better standards of care, publication of nationwide cancer statistics and to contribute to prevention and screening programs.

2. Why is the cancer registry so important?

The high-quality data collected by the cancer registry makes a huge impact on the research we’re conducting and helps to better inform decisions that can directly impact the standard of care—ultimately contributing to a better journey for our patients. Not only is the data used here, but it’s also used collectively at the state and national level playing a critical role in informing cancer research, prevention and treatment programs.

3. What are the roles and responsibilities of a cancer registrar?

Cancer registrars are certified healthcare professionals who are the experts when it comes to cancer information and capturing the picture of cancer through data. These data information specialists are trained to extract, store and manage data on the medical history, diagnosis, treatment and health status of cancer patients. This data provides fundamental information used by researchers, providers and others to conduct cancer research, monitor and evaluate cancer treatments, and improve prevention and screening programs. Over 100 data items are collected for each cancer occurrence, each specifically defined by national and local standards and subject to intense quality review on many levels. To keep abreast of new and ever-changing scientific findings and treatment guidelines, Cancer Registrars must maintain a high level of continuing education and must be re-certified every other year.

4. How is the cancer registry impacting the quality of cancer care?

The behind-the-scenes work of the cancer registry team is a springboard for the important work clinicians, researchers and public health officials are conducting to improve cancer treatment and prevention. The information afforded by the registry provides the cornerstone for conducting research, assessing alignment with clinical pathways and creating survivorship care plans. The Cancer Registry data is utilized as the “gold standard” for new initiatives using Natural Language Processing and Artificial Intelligence in order to find new ways of doing things and create efficiencies.

5. What else is there to know about the cancer registry?

Abstraction of cancer registry data is performed and supervised by Certified Tumor Registrars (CTRs) through the National Cancer Registrars Association (NCRA). The credential is nationally recognized for the ability to consistently and accurately collect and use cancer registry data in compliance with the state and national requirements and standards. The Cancer Registry works in partnership with cancer program leadership to coordinate Cancer Committee each quarter and maintain compliance with the American College of Surgeon’s Commission on Cancer (CoC) program standards, maintaining accreditation. CoC accreditation recognizes programs for their commitment to providing patient-centric, comprehensive, and high-quality care.

We thank the Cancer Registry team for their dedication and assistance in the high quality care we provide!

Mission Hope is dedicated to meeting the emotional and physical needs of oral and head and neck cancer patients, caregivers and survivors. Please see **SPOHNC** on page 21 for details or check out our new website to learn more: www.missionhopecancercenter.com

Mission Hope offers an wide array of classes to keep you moving. Call John Malinowski, ATC, CET, to get started: 805.346.3413

Knowledge is Power

What Are the Signs and Symptoms of Throat Cancer?

The number of throat cancer cases is on the rise: there were 12,410 new cases of laryngeal (throat) cancer in the United States for the year 2019. It is important to understand its signs and symptoms, which may include:

- Sore throat
- Painful swallowing
- Difficulty swallowing
- Hoarseness
- Ear pain
- Severe weight loss
- Neck mass

Any sign or symptom of throat cancer

that lasts more than two weeks without improvement should be evaluated by a physician. Tobacco use, excessive alcohol consumption and a diet low in fruits and vegetables put individuals at a greater risk for throat cancer. Some throat cancers are thought to be caused by human papillomavirus (HPV) infection, which can be best prevented by vaccination. Children and adults ages 11 to 45 can receive the HPV vaccination series. Since many throat cancer symptoms are not specific to cancer, your doctor will likely investigate more common causes first, but being aware of the symptoms of this disease is crucial for early detection.

Younger, Inactive People at Increased Risk for Colorectal, Endometrial and Kidney Cancer

You may want to think twice before you sit down to binge watch your favorite television show. For the first time ever, a scientific study has linked sedentary behavior to a rise in colorectal cancer in those under age 50. The study looked at TV viewing and other sedentary behavior in almost 90,000 American women ages 25 to 42 and found that more than one hour of daily TV watching was associated with a 12 percent risk in colorectal cancer. Watching more than two hours per day led to a 70 percent increase in risk.

Early-onset colorectal cancer, which occurs in patients under age 50, is increasing across the United States and internationally. Early-onset colorectal cancer is typically diagnosed at a more

advanced stage, with more aggressive tumors. This has caused updated guidelines from the American Cancer Society advising that average-risk screening begins at 45 years old, rather than at 50.

Another study found rising rates for six different types of cancer among young adults—including colorectal, endometrial and kidney—tied to obesity. In some types of cancer, people born in 1980 to 1989 had double the rate of risk at the same age compared with those born in 1946 to 1954. The younger generation due to environmental factors like smoking, obesity, alcohol, diet and less active and more sedentary lifestyle may play a role more than genetics. **The best advice to reduce your cancer risk is to get moving.**

Congratulations Santa Maria Gastroenterology!

Winner of a 2019 SCOPY: Service Award for Colorectal Cancer Outreach, Prevention and Year-Round Excellence



Paramjit Benipal, MD, accepts a 2019 SCOPY Service Award

■ The American College of Gastroenterology (ACG) announced that Santa Maria Gastroenterology were the winners of a 2019 Service Award for Colorectal Cancer Outreach, Prevention, and Year-Round Excellence (SCOPY). This award is to recognize the achievements of ACG members in their community engagement, education and awareness efforts for colorectal cancer prevention. These awards are presented to an outstanding group of colorectal cancer awareness champions.

Santa Maria Gastroenterology has taken the lead in efforts to reach the American Cancer Society's goal of 80% and beyond screening at the community level. In partnership with health care facilities and pathologists, they perform free colonoscopies with adenoma detection rates of 45% last fiscal year, in addition to conducting free community and hospital seminars.

Did you know? A colonoscopy screening is the **ONLY** test available to **detect AND at the same time remove** colon polyps. This is important because most colorectal cancers begin as benign polyps. **Have questions or need help scheduling a colonoscopy? Please call Carol Lowe, RN, OCN: 805.346.3463.**

New class in Arroyo Grande

Gentle Yoga Class

Tuesday Mornings: 11:00 a.m.

**With Diane Deering
Certified Yoga Instructor**

Gentle yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. This series will teach you techniques you can use to help calm the mind, gently stretch the body, and generally feel better. Bring a yoga mat.

**Mission Hope Cancer Center
Arroyo Grande**

850 Fair Oaks Avenue, Third Floor

**Reservations required. Please call
Mission Hope at 805.474.5300**

New offering in Arroyo Grande

Chair Massage

**Thursday Afternoons:
12:00 noon to 2:00 p.m.**

**With Diane Diresto
Certified in Oncology Massage**

Massage can help to bolster the immune system, decrease tension, improve circulation, restore energy and enhance sleep. Patients remain fully clothed.

**Mission Hope Cancer Center
Arroyo Grande**

850 Fair Oaks Avenue, Third Floor

**Reservations required for a 20 minute
appointment. Please call
Mission Hope at 805.474.5300**

**Have questions about
screenings, support
groups or need
general assistance?**

The nurse navigators at Mission Hope can offer personalized guidance. They're listed on pages 22-23.



Colleen Seung, RDN
Registered Dietitian
Nutritionist

Set goals that are
SMART:

- Specific
- Measurable
- Attainable
- Realistic
- Time-bound

Spring into Action!

When spring time comes along, fresh and new ideas are brought to life. There are many ways to eat more healthfully and add more exercise to your life. Below are some ideas:

- At meals, fill half your plate with fruits and veggies
- Read food labels to help choose foods lower in saturated fat, sodium, and added sugars
- Eat seafood twice a week (salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury)
- Try having meatless meals made with plant-based proteins such as beans, tofu, and tempeh
- Try a new fruit, vegetable, or whole grain product each time you shop for groceries
- Walk more by parking farther away, walking to the store, or taking the stairs
- Make physical activity a regular part of your schedule by putting it on your calendar
- Join a group exercise class
- Find a workout buddy

You can use the above tips to help set goals that are SMART (specific, measurable, attainable, realistic, time-bound). For example, turn “I’m going to eat more plant based protein” into “Starting next week I will substitute meat with plant-based protein at dinner two days per week” or turn “I’m going to exercise more” into “Starting next week I will participate in yoga class every Monday and Wednesday.” Small steps will add up to create lasting, beneficial lifestyle changes.

Avocado Deviled Eggs

6 hard boiled large eggs, peeled and halved
1 ripe avocado, peeled and seeded
1 tablespoon lime juice (or lemon juice)
1 rounded tablespoon mayonnaise
1 rounded teaspoon Dijon mustard
1/2 teaspoon salt, or to taste
1/4 teaspoon freshly ground black pepper, or to taste

Pinch cayenne pepper or chili powder, optional and to taste
2 tablespoons finely minced fresh cilantro or to taste
Paprika or smoked paprika, optional for garnishing (cayenne pepper or chili powder may be substituted for a spicy kick)

Directions:

- Make a batch of hard boiled eggs (Tip: Boil a couple extra eggs in case some don’t peel easily and a few rip or are raggedy), peel, and halve them lengthwise. Scoop out the yolks into a large bowl and set whites aside on a platter.
- To the bowl with the yolks, add the avocado, lime juice, mayo, mustard, salt, pepper, optional cayenne pepper, and mash with a fork to combine.
- Stir in the cilantro. Taste filling and make any necessary seasoning tweaks.
- Dollop the filling into the whites with a small spoon.
- Optionally garnish with (smoked) paprika, chili powder, or cayenne. Serving immediately is best; alternatively place in an airtight container and refrigerate for up to 8 hours before serving, noting the avocado will oxidize as time passes and the color of the filling will turn duller. Yields: 12 halves (6 whole eggs) • Total prep time: About 20 to 25 minutes

Tips for a Strong Pelvic Floor

Nutritional tips to consider when trying to strengthen your pelvic floor:

- Limit intake of sugar sweetened beverages and foods high in added sugars and saturated fats
- Increase intake of foods low in energy density and high in fiber like fruits, veggies, beans, and whole grains. The recommendation is 25 to 30 grams of total fiber each day
- Be mindful of portions of foods high in calorie density—for example nuts are a healthful food but high in calories so a small portion is appropriate
- Limit caffeinated beverages and other diuretics to reduce the frequency of sudden urges to go
- Stay hydrated to help avoid constipation by aiming to consume 60-80 ounces of liquids a day

Strengthen your pelvic floor with exercise:

- Be mindful about your movement and aware of the muscles contracting. It takes concentration to elicit contractions of these muscles!
- Perform Kegel exercises on a daily basis, start with 5-10 repetitions 3 times a day holding for 3-5 seconds until you have mastered the movement
- Slowly increase the number of sets and reps until you can do 100 per day
- Perform other hip strengthening exercises along with Kegel exercises
- Add a ball squeeze to the Kegel exercise after you are comfortable performing them
- Start or continue aerobic exercise to maintain a healthy body weight with a Body Mass Index of less than 25
- Be consistent! These muscles need to be worked daily in order to gain the control and maintain control of these muscles

We will delve into this topic at the **HEAL classes** in March. Join us to hear more specifics and helpful suggestions at our meeting on Thursday, March 5, at 2:00 p.m. in the Mission Hope first floor conference room, Santa Maria, or in Arroyo Grande on Wednesday, March 25, at 3:00 p.m., in the Matthew Will Memorial Building third floor conference room.

Pelvic Floor Strengthening Class

This class is geared toward men with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and general deconditioning. Participants will receive an exercise band and a home exercise plan.

Thursdays, March 12, 26 and April 9, 23 • 2:00 p.m.

Marian Health & Wellness Center, 1207 East Main Street, Santa Maria
Reservations required; please call 805.219.HOPE (4673)



John Malinowski, ATC, CET
Cancer Rehabilitation
Program

Learn more with John...

Fighting cancer is a team effort. The Association of Community Cancer Centers (ACCC), the leading education and advocacy organization for the cancer care community, empowers every member of the multidisciplinary cancer team to provide exceptional patient care. An ACCC staffer recently sat down with John Malinowski, ATC, CET, to blog about the benefits of our cancer rehab and HEAL programs. Read the article in its entirety on our website or at <https://www.accc-cancer.org/acccbuzz/blog-post-template/accc-buzz/2019/12/09/supporting-survivors-with-exercise-and-nutrition-programs>

New
class!

Knowing the symptoms can lead to prompt diagnosis



Sometimes called bone marrow cancer because it develops in plasma cells in bone marrow, multiple myeloma is more common in African Americans than Caucasians, and incidence rises with age.

Awareness matters...

With increased multiple myeloma awareness and treatment options, survival statistics have doubled in the last decade!

Exactly what is multiple myeloma?

Even though it is the second most common form of blood cancer, many people have never heard of it. During March—which has been designated Multiple Myeloma Awareness Month—the goal is to increase awareness among the general public about this type of cancer, which specifically affects the plasma cells in the bone marrow. A general awareness of multiple myeloma can prompt an individual to ask a physician about possible symptoms, which can lead to an earlier diagnosis, prompt treatment and, ultimately, a better outcome.

The challenge to early diagnosis, however, is that multiple myeloma typically does not produce symptoms in its earliest stages. More often, the condition is discovered by accident during a routine blood or urine test, such as those performed during an annual physical examination.

To help people learn how to recognize some of the common clinical manifestations of multiple myeloma, the International Myeloma Foundation suggests remembering the **CRAB acronym**:

- **C for high blood calcium:** Hypercalcemia may cause extreme thirst, loss of appetite, excessive urination, restlessness, confusion or nausea.
- **R for renal function:** A certain multiple myeloma protein can impair the ability of the kidneys to effectively dispose of excess fluid, salt and waste, which can produce symptoms like leg swelling, weakness and shortness of breath.
- **A for anemia:** Cancerous plasma cells can suppress the production of healthy red blood cells, leading to anemia and symptoms like weakness, dizziness and shortness of breath.
- **B for bone pain:** Multiple myeloma increases bone breakdown and decreases the formation of new bone, which can result in the development of osteoporosis and spinal fractures.

The precise causes of multiple myeloma are not yet well understood. However, research is ongoing, and many scientists and clinicians believe that the condition may result from the combined effects of several genetic and environmental elements.

Learn more at our Lymphoma, Leukemia & Multiple Myeloma Support Group

If you or a family member are coping with a blood cancer such as Multiple Myeloma, Lymphoma or Leukemia, please attend our support group on this topic. Meeting at Mission Hope Cancer Center, Santa Maria, our group is led by experienced facilitator and long term Lymphoma survivor Debby Schobel. We address concerns about the diagnosis and share helpful strategies for living with the disease before, during and after treatment. Please see page 20 for class details.

Cancer and its treatment can affect virtually every part of your body, including your teeth, mouth and gums. What’s more, poor oral health can increase your risk of experiencing treatment side effects and possibly interfere with certain cancer therapies.

Cancer and Your Dental Health

Before starting cancer treatment, it’s important to see a dentist who can ensure that your teeth, gums and mouth are as healthy as possible. This can help reduce your risk of infection, which can compromise your body’s healing capacity. You should also discuss your dental health with your oncologist, who can explain in detail what you might expect during your treatment.

Oral health changes during cancer treatment

While receiving cancer treatment, some people experience:

- **Mouth sores:** Certain chemotherapy medications and radiation therapy to the head or neck can cause sores to develop in the mucous membranes that line the mouth, throat and digestive tract. Known as mucositis, this condition can cause pain and infections, making it difficult to swallow, eat and drink.
- **Dry mouth:** Some cancer treatments can damage the salivary glands, disrupt the flow of saliva or cause dry mouth (xerostomia). In addition to discomfort, xerostomia can lead to infections and tooth decay because saliva helps balance the levels of bacteria in the mouth.
- **Sensitive gums:** Certain chemotherapy medications can cause the gums to become tender and inflamed.
- **Jaw pain:** Radiation therapy to the head/neck may cause pain and stiffness in the jaw.
- **Taste changes:** Some foods and beverages may taste differently to you than before, especially bitter, sweet or salty items.

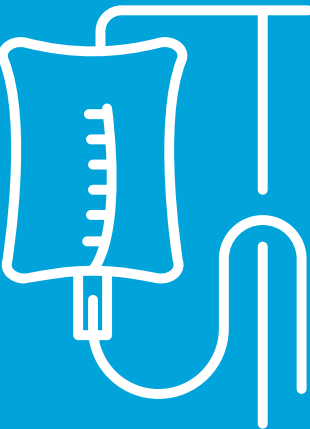
How to protect your dental health during cancer treatment

Maintaining your oral health before, during and after cancer treatment may lessen some of the side effects, help you feel better and allow you to focus more fully on your recovery. Here are some ways to do so:

- **Brush your teeth often:** Brush gently with a soft-bristled toothbrush. Mix a half-teaspoon of salt with four cups of water and use this gentle solution in place of toothpaste.
- **Floss your teeth and rinse your mouth throughout the day:** Frequent flossing and rinsing with water can reduce irritation by keeping food away from your teeth and gums. Avoid using mouthwashes that contain alcohol.
- **Suck on ice:** During chemotherapy sessions, request ice chips or sugar-free popsicles, which can help alleviate mouth soreness.
- **Stay well-hydrated:** Drink plenty of water to help relieve dry mouth. Avoid acidic beverages, such as orange and cranberry juice, which can be irritating.
- **See your dentist regularly:** Throughout your cancer treatment, keep your dentist informed of any changes in your oral health.



Learn more about how your cancer treatment may affect your dental health; talk to your chemo nurse or your nurse navigator.



Be prepared!
Get to know all
about how home
health care works
before you might
need it.

GET TO KNOW...

Important Members of Your Team

Oncology Dedicated Pharmacists

A very important part of the cancer care team, oncology pharmacists are actively engaged in all aspects of care—from chemotherapy dose preparation and safety checks to educating patients about side effects. They possess specialized knowledge about medications to work with the medical and nursing staff to maximize the benefits of drug therapy while minimizing the side effects, helping to achieve the best possible outcomes.

Due to the need for pharmacists to have focused oncology expertise, oncology has been recognized as its own specialty and pharmacists can receive a board certification in oncology. This is why we feel it is important at Mission Hope to have a team of **dedicated oncology pharmacists** to ensure high standards and patient safety. Our facilities have oncology dedicated pharmacists on staff and available to our patients.

The Oncology Pharmacist:

- Has the advanced knowledge and experience to manage cancer-related and drug-related adverse events or clinical situations not encountered in other disease states due to the increasing number and complexity of drug therapies to treat and prevent cancer
- Is specially trained to recommend, design, implement, monitor and modify pharmacotherapeutic plans to optimize outcomes in patients with malignant diseases and reduce medication errors
- Recognizes and responds to adverse physical and emotional issues that may arise during treatment, including pain, nausea and hair loss
- Works collaboratively with all of the cancer team on evidence based decisions to improve patient care

Do you have questions about your medications or side effects?

If you would like to schedule an appointment with one of our specialized **oncology dedicated pharmacists** to discuss your specific concerns, please talk to your nurse navigator or your treatment nurse. Learning about your medications and their possible side effects is an important part of cancer treatment.

Home Health Services

Dignity Health Home Health helps patients achieve and maintain maximum health and independence at home, relieving some of the burden on patients and their caregivers. Their wide array of services and specialties support a patient's recovery at home.

Services include:

- | | |
|--|----------------------------------|
| • Skilled nursing | • Wound care team |
| • Physical, Occupational and speech therapy | • Full service infusion pharmacy |
| • Chronic disease programs including cancer care | • Nutritional counseling |
| • Medical social worker | • Palliative care |

Dignity Health Home Health Services provides care for homebound individuals needing professional nursing and/or rehabilitative care. Talk with your doctor to learn more.

YOU ARE INVITED TO OUR...

Interactive Seminar with our Expert Oncology Pharmacist and Home Health Nurse

Important
Special Event

Featuring: Jeff Shinoda, Pharm.D., and Michelle Oliver, RN, MSN, PHN

You have a team around you at Mission Hope to help you achieve your best quality of life—during and after treatment. Get to know them. Get to know the services they provide. Jeff and Michelle are going to explain how their teams can help you and answer your questions. Valuable information for patients and family members alike.



Jeff Shinoda, Pharm.D.
Pharmacy Manager,
Infusion Services

Mission Hope Cancer Centers Pharmacy Leadership

Jeffrey K. Shinoda, Pharm.D.

- Dr. Shinoda earned his Doctor of Pharmacy degree from University of the Pacific in Stockton, California.
- He helped pioneer the role of the Oncology Pharmacist, allowing a pharmacist with clinical roles to apply for DEA privileges in California.
- Dr. Shinoda has over 30 years of experience in oncology pharmacy and a passion for patient safety through medication management.



Michelle Oliver, RN, MSN, PHN
Director of Home Health

Director of Dignity Health Home Health Services:

Michelle Oliver RN, MSN, PHN

- Michelle has an extensive background in Home Health Care, first as a Home Health Nurse providing care to patients in their home environment.
- She has held a leadership position in the home health industry for the past 16 years.
- Michelle has a Masters Degree in Nursing and her Public Health Certification.

Program topics will include:

- Why an Oncology Pharmacist is a vital member of your care team
- How Home Health can assist with Home Safety Evaluations
- How immunotherapy affects your blood pressure and glucose levels
- Difference between Home Health and In Home Care and how you qualify

Patient-centered communication is critical for your cancer journey. This interactive program will provide patients and their families with insight and answers to manage side effects and other common problems related to cancer treatment. You don't want to miss it!

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Tuesday, April 21, 2020 • 5:30 p.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Please call Mission Hope, Arroyo Grande to register: 805.474.5300

MISSION HOPE CANCER CENTER, SANTA MARIA

Thursday, April 23, 2020 • 5:30 p.m.

1325 East Church Street, Santa Maria

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

These events are designed to highlight additional resources you can use to stay safe during treatment and at home.

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	3	8:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	4	9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group	5	9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Eating and Exercise for a Strong Pelvic Floor 6:00 Cancer Rehab	6	8:00 Grupo de Discusión para Hombres con Cáncer Presentación: "¿Quién dirige mi vida?" con el capellán Bob Maciel 2:00 Women's Wisdom Circle
9	10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria Presentation: "Head and Neck Yoga" with Mia	10	9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	11	9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab	12	9:00 Acupressure for Self-Care 2:00 Pelvic Floor Strengthening Class 6:00 Cancer Rehab	13	8:00 Men's Cancer Discussion Group 1:00 Soul Collage
16	10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	17	9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class 2:00 Energy Balancing 5:30 Presentación en español: La Preocupación, la Tristeza y el Poder de Recuperación Durante el Transcurso del Cáncer	18	9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 10:30 Art Therapy 4:30 Cancer Rehab 6:00 Family Night Support Group	19	9:00 Acupressure for Self-Care 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 5:30 Presentation: Emotional Resiliency during the Cancer Journey 6:00 Cancer Rehab	20	8:00 Grupo de Discusión para Hombres con Cáncer 2:00 Women's Wisdom Circle
23	10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	24	9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 3:00 Book Club	25	9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class	26	9:00 Acupressure for Self-Care 2:00 Pelvic Floor Strengthening Class 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	27	8:00 Men's Cancer Discussion Group
30	10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	31	9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class				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.		

Calendar depicts weekdays only.

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	10:00 Spanish Support Group Apoyo y educación para personas con cáncer 2:00 Energy Balancing	3	11:00 Gentle Yoga 2:00 Acupressure for Self-Care 4:00 Caregiver Support Group	4		5	12:00 Massage Therapy	6	
9		10	11:00 Gentle Yoga 2:00 Energy Balancing	11	12:45 Learn Golf	12	12:00 Massage Therapy 1:00 Men's Cancer Discussion Group Presentation with Chaplain Brian Stoltey 2:30 Living with Cancer General Support Group	13	
16	2:00 Energy Balancing 10:00 Grupo de Discusión para Hombres con Cáncer Presentación con el capellán Brian Stoltey	17	11:00 Gentle Yoga 2:00 Acupressure for Self-Care 3:30 SPOHNC Head and Neck Cancer Support Group Presentation: "Head and Neck Yoga" with Mia	18	10:00 Look Good Feel Better 5:30 Presentation: Emotional Resiliency during the Cancer Journey	19	12:00 Massage Therapy	20	
23		24	11:00 Gentle Yoga 2:00 Acupressure for Self-Care	25	3:00 HEAL: Healthy Eating and Activity for Living Eating and Exercise for a Strong Pelvic Floor 4:00 Walking into Wellness 5:30 Presentación en español: La Preocupación, la Tristeza y el Poder de Recuperación Durante el Transcurso del Cáncer	26	12:00 Massage Therapy 2:30 Living with Cancer General Support Group	27	1:00 Soul Collage
30		31	11:00 Gentle Yoga 2:00 Acupressure for Self-Care	Check out the new groups and classes available in Arroyo Grande!		Most classes listed here are held in the Mission Hope Cancer Center, Arroyo Grande on the third floor located within the Matthew Will Memorial Medical Center. For specific location addresses and class details, please see pages 18-21.			

Calendar depicts weekdays only.

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

<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>		<div>1</div> <div>9:00 Cancer Rehab</div> <div>9:00 Yoga for Healing</div> <div>10:00 Fight Against Falls Class</div> <div>4:30 Cancer Rehab</div> <div>5:00 Caregiver Support Group</div>	<div>2</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 HEAL: Healthy Eating and Activity for Living</div> <div>Spring into Action with Healthy Eating and Exercise Tips</div> <div>6:00 Cancer Rehab</div>	<div>3</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer</div> <div>2:00 Women's Wisdom Circle</div>
		<div>6</div> <div>10:00 Cancer Rehab</div> <div>10:00 Massage Therapy</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div>	<div>7</div> <div>8:00 Comida para la Vida (Spanish)</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>10:30 Tai Chi Chuan Class</div>	<div>8</div> <div>9:00 Cancer Rehab</div> <div>9:00 Yoga for Healing</div> <div>10:00 Fight Against Falls Class</div> <div>12:45 Learn Golf</div> <div>3:00 Art Therapy</div> <div>4:30 Cancer Rehab</div>
		<div>13</div> <div>10:00 Cancer Rehab</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div> <div>5:00 SPOHNC, Santa Maria</div>	<div>14</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>10:30 Tai Chi Chuan Class</div>	<div>15</div> <div>9:00 Cancer Rehab</div> <div>9:00 Yoga for Healing</div> <div>10:00 Fight Against Falls Class</div> <div>4:30 Cancer Rehab</div> <div>6:00 Family Night Support Group</div>
		<div>20</div> <div>10:00 Cancer Rehab</div> <div>10:00 Massage Therapy</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div>	<div>21</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>9:30 Look Good Feel Better</div> <div>10:30 Tai Chi Chuan Class</div> <div>2:00 Energy Balancing</div>	<div>22</div> <div>9:00 Cancer Rehab</div> <div>9:00 Yoga for Healing</div> <div>10:00 Fight Against Falls Class</div> <div>12:45 Learn Golf</div>
		<div>27</div> <div>10:00 Cancer Rehab</div> <div>1:00 Walking into Wellness</div> <div>2:00 Knitting & Crocheting Group</div> <div>3:30 Acupuncture Treatment</div>	<div>28</div> <div>9:00 Lymphedema Prevention Exercise</div> <div>10:30 Tai Chi Chuan Class</div> <div>3:00 Book Club</div>	<div>29</div> <div>9:00 Cancer Rehab</div> <div>9:00 Yoga for Healing</div> <div>10:00 Fight Against Falls Class</div> <div>4:30 Cancer Rehab</div>
		<div>16</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group</div> <div>6:00 Cancer Rehab</div>	<div>17</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer</div> <div>2:00 Women's Wisdom Circle</div>	<div>24</div> <div>8:00 Men's Cancer Discussion Group</div> <div>Presentation with Chaplain Tony Cowans</div>
		<div>9</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 Pelvic Floor Strengthening Class</div> <div>6:00 Cancer Rehab</div>	<div>10</div> <div>8:00 Men's Cancer Discussion Group</div>	
		<div>30</div> <div>9:00 Acupressure for Self-Care</div> <div>2:00 Spanish Support Group</div> <div>Apoyo y educación para personas con cáncer</div> <div>6:00 Cancer Rehab</div>	<div>DATE TO REMEMBER:</div> <div>April 8 is Day of Hope!</div> <div>See page 2 for details.</div>	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lots of new groups and classes available in Arroyo Grande!		<div>1</div>	<div>2</div> <div>12:00 Massage Therapy</div>	<div>3</div>
<div>6</div> <div>10:00 Spanish Support Group</div> <div>Apoyo y educación para personas con cáncer</div> <div>2:00 Energy Balancing</div>	<div>7</div> <div>11:00 Gentle Yoga</div> <div>2:00 Acupressure for Self-Care</div> <div>4:00 Caregiver Support Group</div>	<div>8</div> <div>12:45 Learn Golf</div>	<div>9</div> <div>12:00 Massage Therapy</div> <div>1:00 Men's Cancer Discussion Group</div> <div>2:30 Living with Cancer General Support Group</div>	<div>10</div>
<div>13</div>	<div>14</div> <div>11:00 Gentle Yoga</div> <div>2:00 Acupressure for Self-Care</div> <div>2:00 Energy Balancing</div>	<div>15</div> <div>10:00 Look Good Feel Better</div>	<div>16</div> <div>12:00 Massage Therapy</div>	<div>17</div>
<div>20</div> <div>10:00 Grupo de Discusión para Hombres con Cáncer</div> <div>2:00 Energy Balancing</div>	<div>21</div> <div>11:00 Gentle Yoga</div> <div>2:00 Acupressure for Self-Care</div> <div>3:30 SPOHNC Head and Neck Cancer Support Group</div> <div>Presentation: "Head and Neck Yoga" with Mia</div> <div>5:30 Interactive Seminar</div>	<div>22</div> <div>12:45 Learn Golf</div> <div>3:00 HEAL: Healthy Eating and Activity for Living</div> <div>Spring into Action with Healthy Eating and Exercise Tips</div> <div>4:00 Walking into Wellness</div>	<div>23</div> <div>12:00 Massage Therapy</div> <div>2:30 Living with Cancer General Support Group</div>	<div>24</div> <div>1:00 Soul Collage</div>
<div>27</div>	<div>28</div> <div>11:00 Gentle Yoga</div> <div>2:00 Acupressure for Self-Care</div>	<div>29</div>	<div>30</div> <div>12:00 Massage Therapy</div>	

EVENT LOCATIONS
AND COLOR KEY

- **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
 - **ARROYO GRANDE (AG)**
MHCC–AG
Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Third Floor
 - **SAN LUIS OBISPO (SLO)**
HCRC
Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
- New venue!
- **PASO ROBLES**
Oak Park 3 Community Room
3120 Pine Street

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**
RESERVATION REQUIRED;
PLEASE CALL 805.346.3402 (ENGLISH)
- DISPONIBLE EN ESPAÑOL.
FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406
- **Mission Hope Cancer Center, AG**
RESERVATION REQUIRED;
PLEASE CALL 805.474.5303

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**
MAR 5, 12, 19, 26 & APR 2, 9, 16, 23, 30; 9:00 AM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).
- **Mission Hope Cancer Center, AG**
MAR 3, 17, 24, 31 & APR 7, 14, 21, 28; 2:00 PM
RESERVATION REQUIRED;
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.

- **Mission Hope Cancer Center, SM**
MAR 2, 9, 16, 23, 30 & APR 6, 13, 20, 27; 3:30 PM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).
DONATIONS SUGGESTED
- **Hearst Cancer Resource Center, SLO**
MAR 23 & APR 27; 1:30–2:30 PM
RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

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.

- **Mission Hope Cancer Center, SM**
MAR 26 & APR 30; 2:00 PM
- **Mission Hope Cancer Center, AG**
MAR 2 & APR 6; 10:00 AM
- ¡Nueva ubicación!
- **Oak Park 3 Community Room, Paso Robles**
MAR 24 & APR 28; 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. Benefits include more range of motion, joint flexibility and pain reduction.

- **Allan Hancock College, SM**
RESERVATION REQUIRED;
PLEASE CALL 805.346.3413.
- ☆**Art Therapy Class**
Art workshop using varied materials and techniques to help boost creative expression.
- **Mission Hope Cancer Center, SM**
MAR 18; 10:30 AM &
APR 8; 3:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).
- **Hearst Cancer Resource Center, SLO**
MAR 16 & APR 20; 11:00 AM

- ☆**Book Club**
Reading makes your imagination come to life, taking you away from whatever hardships you are facing. Our much loved book club is back!
- **Mission Hope Cancer Center, SM**
MAR 24 & APR 28; 3:00 PM
CALL FOR INFORMATION OR MONTHLY BOOK TITLE: 805.346.3402.

Breast Cancer Support Group

Women gather to share valuable information and resources.

- **Hearst Cancer Resource Center, SLO**
MAR 3 & APR 7; 5:30 PM
- Caregiver Support Group
A forum for people to get together with those who understand their concerns, share helpful strategies, lend support and encouragement.
- **Mission Hope Cancer Center, SM**
MAR 4 & APR 1; 5:00 PM
- **Mission Hope Cancer Center, AG**
MAR 3 & APR 7; 4:00 PM
- **Hearst Cancer Resource Center, SLO**
MAR 5, 19 & APR 2, 16; 6:00 PM

Cancer Rehabilitation

A 12-week program that includes group, individual and aquatic exercise designed to help you meet your fitness goals. Each participant meets one-on-one with our Certified Exercise Trainer for an individualized program.

- **Marian Health & Wellness Center, SM**
RESERVATION 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**
MAR 3 & APR 7; 8:00 AM
FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406.

Energy Balancing

Energy balancing therapy encourages a free and balanced flow of energy, enhancing the body’s natural ability to heal itself. Trained facilitators work silently over various energetic points around the body using a light touch to aid in relaxation, ease muscle tension and decrease stress and pain in cancer patients.

- **Mission Hope Cancer Center, SM**
MAR 17 & APR 21; 2:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).
- **Mission Hope Cancer Center, AG**
MAR 2, 10, 16 & APR 6, 14, 20; 2:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.
- **Hearst Cancer Resource Center, SLO**
MAR 9, 30 & APR 13, 27; 11:00 AM
RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Family Night Support Group

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

- **Mission Hope Cancer Center, SM**
MAR 18 & APR 15; 6:00 PM
RESERVATION REQUIRED; PLEASE CALL 805.219.HOPE (4673) (ENGLISH)
OR 805.346.3406 (SPANISH).

Fight Against Falls
Exercise Class

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

- **Marian Health & Wellness Center, SM**
MAR 4, 11, 18, 25 & APR 1, 8, 15, 22, 29; 10:00 AM
RESERVATION 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**
MAR 4 & APR 1; 5:00 PM



presents the

Valentina Martins Memorial

Fashion Show & Luncheon
Saturday, April 4, 2020
11:00 am - 2:30 pm
Radisson Hotel
3455 Skyway Drive, Santa Maria, CA

Pre-sale tickets only (\$55)
For more information contact
Cristina Martins Sincio
(805) 598-3325
or visit www.thetealjourny.org

HEAL: Healthy Eating
and Activity for Living

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines nutrition advice with practical exercise tips.

- **Mission Hope Cancer Center, SM**
MAR 5; 2:00 PM
Topic: Eating and Exercise for a Strong Pelvic Floor
- APR 2; 2:00 PM
Topic: Spring into Action with Healthy Eating and Exercise Tips
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

- **Mission Hope Cancer Center, AG**
MAR 25; 3:00 PM
Topic: Eating and Exercise for a Strong Pelvic Floor
- APR 22; 3:00 PM
Topic: Spring into Action with Healthy Eating and Exercise Tips
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

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.

- Monarch Dunes, Nipomo**
MAR 11 & APR 8, 22; 12:45 PM
RESERVATION REQUIRED;
PLEASE CALL 805.346.3413.

Living with Cancer
General Support Group

Informal support group provides information for all diagnoses. Learn and share as you benefit from the experience of those who have gone through it.

- **Mission Hope Cancer Center, AG**
MAR 12, 26 & APR 9, 23; 2:30 PM
FOR MORE INFORMATION, PLEASE
CALL 805.474.5300 OR 805.474.5303.
- **Hearst Cancer Resource Center, SLO**
MAR 5, 19 & APR 2, 23; 6:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Classes continue

Look Good Feel Better

Free program teaches skincare and make-up techniques to mitigate appearance-related side effects of cancer treatments. Sign up now for this fun class to receive a complimentary cosmetic kit to get started!

● **Mission Hope Cancer Center, SM**
MAR 17 & APR 21; 9:30 AM
PARTICIPANT REGISTRATION AT WWW.LOOKGOODFEELBETTER.ORG OR CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**
MAR 18 & APR 15; 10:00 AM
PARTICIPANT REGISTRATION AT WWW.LOOKGOODFEELBETTER.ORG OR PLEASE CALL 805.474.5300.

(Beauty and You)

● **Hearst Cancer Resource Center, SLO**
MAR 4 & APR 1; 10:00 AM
RESERVATION REQUIRED; PLEASE CALL 805.542.6234.

Lymphedema Education

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

● **Hearst Cancer Resource Center, SLO**
MAR 17 & APR 21; 1:00 PM

Nutritional Counseling Available

We are here to help with specific dietary issues before, during, or after treatment. Schedule your one-on-one consultation with a Registered Dietitian today!

● **Mission Hope Cancer Center, Santa Maria**
RESERVATION REQUIRED; PLEASE CALL 805.219.HOPE (4673)

● **Mission Hope Cancer Center, Arroyo Grande**
RESERVATION REQUIRED; PLEASE CALL 805.474.5300

● **Hearst Cancer Resource Center, San Luis Obispo**
RESERVATION REQUIRED; PLEASE CALL 805.542.6234

Lymphedema Prevention Exercise

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

● **Marian Health & Wellness Center, SM**
MAR 3, 10, 17, 24, 31 & APR 7, 14, 21, 28; 9:00 AM
RESERVATION 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.

● **Mission Hope Cancer Center, SM**
MAR 19 & APR 16; 2:00 PM

● **Hearst Cancer Resource Center, SLO**
MAR 11 & APR 8; 1:00 PM

✧Massage Therapy

A popular complementary therapy, massage can help to bolster the immune system, improve circulation and restore energy. Fifteen minute chair massages (patients remain fully clothed) provided by a certified massage therapist.

● **Mission Hope Cancer Center, SM**
MAR 2, 16 & APR 6, 20; 10:00 AM
RESERVATION REQUIRED; PLEASE CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**
MAR 5, 12, 19, 26 & APR 2, 9, 16, 23, 30; 12:00 NOON
RESERVATION REQUIRED; PLEASE CALL 805.474.5300.

Men’s Cancer Discussion Group

This group provides a relaxed forum for men to discuss issues, exchange information and get answers to their concerns. Some meetings feature educational talks.

● **Mission Hope Cancer Center, SM**
MAR 13, 27 & APR 10, 24*; 8:00 AM
*Presentation: “Vulnerability as an asset to coping, not a weakness” with Chaplain Tony Cowans

Men’s Cancer Discussion Group, continued

● **Mission Hope Cancer Center, AG**
MAR 12* & APR 9; 1:00 PM
*Presentation with Chaplain Brian Stoltey
RESERVATION REQUIRED; PLEASE CALL 805.474.5300.

Men’s Spanish Group (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**
MAR 6*, 20 & APR 3, 17; 8:00 AM
*Presentación: “¿Quién dirige mi vida?” con el capellán Bob Maciel

● **Mission Hope Cancer Center, AG**
MAR 16* & APR 20; 10:00 AM
*Presentación con el capellán Brian Stoltey
FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.

✧Pelvic Floor Strengthening Class

Benefitting men with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and general deconditioning. Participants will receive an exercise band and a home exercise plan.

● **Marian Health & Wellness Center, SM**
MAR 12, 26 & APR 9, 23; 2:00 PM
RESERVATION REQUIRED; PLEASE CALL 805.346.3413.

Pilates Exercise Class

Exercise to develop strength geared to the rehabilitative needs of those with a cancer diagnosis.

● **Hearst Cancer Resource Center, SLO**
MAR 12 & APR 27; 2:00 PM
RESERVATION 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**
MAR 16 & APR 20; 6:30 PM

Qigong Class

A Chinese health and spiritual development system Gigong lowers stress and aids healing using flowing movements and deep breathing.

● **Hearst Cancer Resource Center, SLO**
MAR 2, 16 & APR 6, 20; 5:00 PM

✧Soul Collage

SoulCollage is an art therapy that offers a visual way to discover your inner wisdom. This creative outlet has been used successfully in the treatment of trauma and life’s major transitions. Materials are provided.

● **Mission Hope Cancer Center, SM**
MAR 13; 1:00 PM
RESERVATION REQUIRED; PLEASE CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**
MAR 27 & APR 24; 1:00 PM
RESERVATION REQUIRED; PLEASE CALL 805.474.5300.

✧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. All welcome.

● **Mission Hope Cancer Center, SM**
MAR 9* & APR 13; 5:00 PM

● **Mission Hope Cancer Center, AG**
MAR 17* & APR 21; 3:30 PM
RESERVATION REQUIRED; PLEASE CALL 805.474.5300.

*Presentation: “Head and Neck Yoga” with Mia

✧NEW CLASSES

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**
MAR 4, 11, 18, 25 & APR 1, 8, 15, 22, 29; 11:00 AM

Tai Chi Chuan

The deliberate, rhythmic movements of Tai Chi Chuan help to improve circulation and foster relief and healing for persons of any age or fitness level.

● **Mission Hope Cancer Center, SM**
MAR 3, 10, 17, 24, 31 & APR 7, 14, 21, 28; 10:30 AM
RESERVATION REQUIRED; PLEASE CALL 805.219.HOPE (4673).

✧Visioning Collage

Using colorful pictures and meaningful words and phrases, each participant creates a collage to inspire and motivate in a personal way.

● **Hearst Cancer Resource Center, SLO**
MAR 12 & APR 9; 5:30 PM

Now in Arroyo Grande!

✧Walking Into Wellness

Regular walking improves overall health and wellness and helps to reduce the cancer-related symptoms of fatigue, weakness and nausea. Take your first step toward improving strength, flexibility, and endurance by signing up with us.

● **Mission Hope Cancer Center, SM**
MAR 2, 9, 16, 23, 30 & APR 6, 13, 20, 27; 1:00 PM
RESERVATION REQUIRED; PLEASE CALL 805.346.3413.

● **Mission Hope Cancer Center, AG**
MAR 25 & APR 22; 4:00 PM
RESERVATION REQUIRED; PLEASE CALL 805.474.5300.

Warm Yarns Knitting and Crocheting Support Group

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

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

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

✧Women’s Wisdom Circle

This supportive environment, in conjunction with self-discovery activities, is designed to help every woman feel nurtured and ready to tackle the challenges of her life.

● **Mission Hope Cancer Center, SM**
MAR 6, 20 & APR 3, 17; 2:00 PM
RESERVATION REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Yoga for Cancer Patients and Survivors

Anyone can experience the healing power of yoga! This practice activates the metabolism, improves balance, builds strength and flexibility.

Yoga for Healing

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

● **Mission Hope Cancer Center, SM**
MAR 4, 11, 18, 25 & APR 1, 8, 15, 22, 29; 9:00 AM
RESERVATION REQUIRED; PLEASE CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**
MAR 3, 10, 17, 24, 31 & APR 7, 14, 21, 28; 11:00 AM
RESERVATION REQUIRED; 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**
MAR 9, 23 & APR 13, 27; 5:00 PM
RESERVATION REQUIRED; PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, Santa Maria

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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Mission Hope Cancer Center, Santa Maria 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 Surgical Oncology	805.346.3456
Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist	
Monica A. Rocco, MD, FACS, Breast Surgeon	
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

Dignity Health Central Coast

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REGISTERED DIETITIAN NUTRITIONIST
805.346.3403
Colleen.Seung@dignityhealth.org



Mission Hope Cancer Center, Arroyo Grande

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Arroyo Grande, California
805.474.5300
www.missionhopecancercenter.com

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Lindsey Hughes, RN, OCN NURSE MANAGER, INFUSION CENTER 805.474.5325 Lindsey.Hughes@dignityhealth.org	

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

FIRST FLOOR:	
Arroyo Grande Lab and Imaging.	805.474.5230
(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

French Hospital Medical Center

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
San Luis Obispo, California
805.542.6234

Infusion Center of San Luis Obispo

715 Tank Farm Road, Suite B
San Luis Obispo, California
805.786.6144

SLO Oncology & Hematology Center

715 Tank Farm Road, Suite A
San Luis Obispo, California
805.543.5577



Located in a new building behind Arroyo Grande Community Hospital.