

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

July/August 2020

**Wei Bai, MD**Medical Oncology/
Hematology

Compassionate and calm, Dr. Bai is devoted to meeting each patient's needs and health care goals.

Mission Hope Cancer Center is pleased to welcome our newest physician who has joined our team of cancer care experts.

Introducing Wei Bai, MD

Dr. Wei Bai grew up in Beijing, China. In 1995, she graduated from Peking University Health Science Center (previously known as Beijing Medical University) with distinction. She then pursued graduate study in the United States. Upon receiving her master's degree in Molecular Medicine from the University of Massachusetts Medical School in 1998, Dr. Bai joined a leading biotech company, Genentech, Inc., in South San Francisco to pursue her passion in translational research. She participated in research and development of several cancer drugs, including trastuzumab (Herceptin), bevacizumab (Avastin), and erlotinib (Tarceva), among others in the company pipeline.

Excited to bring bench research to bedside practice, Dr. Bai ultimately transitioned to direct patient care in 2005. She completed her Internal Medicine residency at NewYork-Presbyterian Lower Manhattan Hospital in 2008, which included several months of clinical rotation at Memorial Sloan Kettering Cancer Center (MSKCC). Dr. Bai's experience at MSKCC further enforced her commitment to oncology research and practice. She proceeded to a combined Hematology and Medical Oncology fellowship at Lombardi Comprehensive Cancer Center of Georgetown University in Washington, DC, from 2008 to 2011. After her fellowship, Dr. Bai practiced hematology and medical oncology in the Samaritan Health System in Oregon. During her nine years with Samaritan, she treated patients with a wide range of cancer types and blood diseases.

Active in clinical trials and resident education, Dr. Bai's priority is to serve her patients with PRIDE—passion, respect, integrity, dedication and excellence. In 2020, Dr. Bai joined the team at Mission Hope Cancer Center to continue her work of collaborating with patients and their families to provide compassionate and respectful care that is tailored to each individual's needs and goals.

When the rest of the world returns to gathering, embracing, and exploring, millions of cancer survivors with weakened immune systems will remain in quarantine. We are here to help: please call **805.219.HOPE (4673)**



Mission Hope Cancer Center Leadership

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

Keith A. Ayrons, MD
Medical Oncology/Hematology

Wei Bai, MD
Medical Oncology/Hematology

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic Oncology

Monica A. Rocco, MD, FACS
Breast Surgical Oncology

Dustin E. Stevenson, DO
Medical Oncology/Hematology

Jonathan E. Tammela, MD,
FACOG
Gynecologic Oncology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

Jeffrey Wu, MD
Radiation Oncology

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

ARROYO GRANDE COMMUNITY HOSPITAL FOUNDATION



Get bit

and fundraise with us!

supporting local cancer care

Join Arroyo Grande Community Hospital Foundation in a virtual fitness fundraiser to benefit local cancer patients.

You are invited to get out and move for Mission Hope Cancer Center Arroyo Grande on August 15, 2020. It's simple—all you need to do is enlist your friends, pick your activity, spread the word, and collectively raise money for local cancer patients. Even though we cannot gather as a group, we can still join together in solidarity to support integrative and compassionate cancer care.

Saturday, August 15, 2020

- 1 Recruit a team of your friends and family to help fundraise.
- 2 Register your team at SupportArroyoGrande.org (\$100 suggested donation).
- 3 Be creative with social distancing and pick an activity. Set a fundraising goal and take pictures of your team to show off your hard work online! Run, walk, hike or bike.
- 4 Ask your friends and family to sponsor your team and spread the word.

Proceeds from this event will benefit the new Cancer Rehabilitation Program at Mission Hope Arroyo Grande.

■ The **Cancer Rehabilitation Program** is a structured and personalized 12-week exercise program that helps each patient safely implement healthy lifestyle behaviors into their daily routine. The program is a collaboration between doctors, physical therapists, nurses, registered dietitians, counselors and certified cancer exercise trainers and is provided to local cancer patients at no charge.

Did you know... The chance of cancer recurrence and side effects of cancer-related treatments can be reduced through the implementation of a safe, consistent, and progressive rehabilitation program. Recent research has shown a 15% reduction in all-cause mortalities and 21% lower risk breast cancer mortality following dedication to lifestyle changes in nutrition and exercise.

supportagch@dignityhealth.org | 805.994.5421 | www.SupportArroyoGrande.org

The 7th Annual Day of Hope

For more information, visit
supportmarianmedical.org/dayofhope
#DayOfHope

PROUDLY PRESENTED BY INSPIRE SPONSORS...



Wednesday, August 26, 2020

In one day, dollar by dollar, we can fight cancer together.

PRESENTING MEDIA SPONSORS



HOPE SPONSORS



Robert A. Dichmann, MD • Keith A. Ayrons, MD
Dustin E. Stevenson, DO • Wei Bai, MD
www.missionhopecancercenter.com



A message from the Day of Hope 2020 Ambassador Taryn Timothy

On March 13, 2019, I was diagnosed with stage three ductal carcinoma HER2 positive BRCA negative breast cancer. To beat cancer it takes a village and Mission Hope Cancer Center is my village—from the volunteers wishing me hello or good bye, to the gals in the lab who always greeted me with a big hug, and my awesome physician who always has a smile that makes all my worries go away. Of course, I cannot forget to mention the chemo nurses at Mission Hope Cancer Center as they are not just nurses, they are your friends.

Throughout my treatment journey, I have felt very fortunate to always have someone with me by my side. Mission Hope Cancer Center isn't just our one stop shop we go to because we are sick; it's our second home. The six rounds of treatment I received saved my life but my journey is far from over and I continue to take it day by day with a smile. I am honored to be this year's Day of Hope Ambassador. My name is Taryn and I am a survivor.

All proceeds stay local and directly support:

- Patient Assistance Needs
- Equipment & Technology
- Programs & Services

EVENT PARTNERS



Helping cancer patients and survivors
improve their quality of life through exercise

Cancer Rehabilitation Program



The Cancer Rehabilitation Program at Mission Hope is a 12-week program which includes various modalities designed to help you develop your fitness goals and provide you with the knowledge, guidance, and motivation to reach them. Working in collaboration with a Cancer Center physician, our program bears out the research that demonstrates the numerous benefits of exercise.

Exercise has been proven to be safe for the majority of cancer patients, even while undergoing treatment. Several recent studies have demonstrated that low-intensity exercise, such as walking, yoga, stretching, and aquatic exercise can reduce the severity of treatment-related symptoms

after only 12 days! A simple walking program combined with gentle, resistance band training reduces chronic inflammation—a common condition among people receiving cancer treatment. Progressive resistance training is also shown to improve cognition in those with mild cognitive impairment, which can include “chemo brain” and provides positive outcomes including:

Did you know?

Exercise doesn't have to be rigorous to be effective. Low-intensity exercise done at home has been shown to reduce treatment-related symptoms.

- **Reduced anxiety**
- **Fewer depressive symptoms**
- **Less fatigue**
- **Better quality of life**
- **Increased strength**

The recommended frequency of aerobic exercise for cancer survivors is at least 3 days per week for 30-60 minutes each session. Resistance types of exercises whether done with weights, resistance bands or body weight should be performed 2 or 3 days a week with a day in between bouts of anaerobic exercise. Performing 2-3 sets of 12-15 repetitions is recommended for each exercise.

In both Arroyo Grande and Santa Maria, Mission Hope Cancer Center offers a customized exercise program for patients during and following cancer treatment. To create an individualized program, please call John Malinowski, our certified Cancer Exercise Trainer, at 805.346.3413.

Selected classes, tailored assessment and instruction are reopening in July 2020.

Some patients may be reluctant to begin an in-person rehabilitation program due to the pandemic. We want to assure you that patient health and safety is our priority. Mission Hope Cancer Center has put into place all reasonable social distancing measures and follows all hospital protocol for a healthy, safe and supportive environment.

We are open but at a reduced capacity; therefore class size is limited. For activities that involve equipment, each patient is placed on every other machine in order to maintain a 6 foot distance between each individual. All machines are cleaned and sanitized after every use, as they always have been, and a deep sanitation is performed each night after closing.

We are happy to be back and working with patients again, but we understand if you are unable to return right away or do not feel ready at this time. Recovery may not happen overnight but please know that we are here for you when you are comfortable and ready to take part.

To obtain your complete health and fitness assessment, individualized exercise prescription, and one-on-one rehabilitative exercise sessions with a trained cancer exercise specialist or to reserve your space in a class or on equipment, please contact John Malinowski, ACT, CET at 805.346.3413.

Most services require an appointment to allow for appropriate social distancing and safety protocols but we are here to help you stay strong and healthy! Please call John Malinowski, ATC, CET, at 805.346.3413.



Social Distancing=Total Isolation?

The recent and rapidly evolving developments surrounding the novel coronavirus, also known as COVID-19, has led to significant uncertainties locally and around the world. Those unknowns have led to panic and have subsequently increased the anxiety and stress some may be feeling, particularly those who have survived cancer or are currently in treatment.

Fear is a natural human emotion. We all need to focus on actions we can take to reduce our risk of contracting the virus, such as social distancing. However, fear doesn't have to blind us from taking actions that protect ourselves and our communities and connect us with our deeply held values. Stress usually shows up in four aspects of our lives: our emotions, our bodies, our behaviors and our thoughts. Some of the most common emotions right now with everything going on are fear, worry and sadness as well as feelings of confusion, frustration or anger. Some people may be experiencing loneliness due to social distancing. We can be observant of our emotions, accept them with grace and choose how we will use them to our advantage. For example, fear of COVID-19 can motivate us to stay home to reduce our risk of contracting the virus. Loneliness can motivate us to call a friend or explore video chatting with family who live at a distance. Stress can present in muscle tension, headaches or more fatigue than usual. Behavioral signs could be sleep disturbance, irritability, or appetite changes.

Cancer patients are particularly at risk as they may have compromised immune systems. Chronic stress, which we are all experiencing to varying degrees, can have a negative effect on the immune system. It is essential for people who are immunocompromised to be proactive to

maximize their physical and emotional health during this COVID-19 threat. Letting our values guide our actions during this uncertain time can be like a compass guiding our way. Deep breathing, physical exercise, prayer, listening to music or mindfulness meditation also can help ground us.

Social distancing doesn't mean isolation. While this is currently essential and necessary, we should stay socially connected through technology such as the telephone, FaceTime and online platforms. Talk with those in your household, play board games, cook together, go on a walk or a bike ride. There are also national cancer support organizations that provide chat lines, online support groups and workshops, financial assistance and virtual programming led by oncology social workers. All of these can help keep you connected and informed amidst this pandemic.

Mission Hope Cancer Center nurse navigators, social workers, exercise trainers, and clinical personnel are available to help in any way we can. Please contact Ashley Hahn, LCSW, at 805.346.3402 (Santa Maria) or Jenni Davis, Oncology Patient Advocate, at 805.474.5303 (Arroyo Grande). We can help with information and referrals to online and other resources to ensure that patients and caregivers who are affected by COVID-19 have their needs met. You don't have to endure this alone.

Try these suggestions to stay connected and informed amidst this pandemic.



MENTAL AND EMOTIONAL HEALTH

Managing mental health needs is a crucial part of the cancer treatment process and may even impact prognosis. We are always interested in your physical health following a cancer diagnosis but know that we are also very interested in how you are doing emotionally. Now—more than ever—is a good time to raise awareness and provide behavioral health care for patients.

Distress Screening Tools

Distress symptoms can include physical problems such as pain and fatigue or difficulties with appetite or weight as well as feelings of sadness, anxiety, or concerns about your family or finances. Any of these can lead to disruptions in medical care and negatively affect all aspects of your daily life. This is where the Distress Screening Tool comes in. As a Mission Hope patient you have doubtless come across and filled out this form numerous times but did you know its purpose and how it can help you?

Our accreditation as a cancer center requires that we screen for and act on distress. It is that important. When patients are candid about their level of distress related to any of the physical, emotional or dietary symptoms, this allows us to provide interventions that decrease the impact of the distress diagnosis thus reducing suffering and increasing quality of life.

Please take time to read through the form and fill it out as honestly as you can. We have found that the distress screening process is helping us uncover patient problems at an earlier point, which facilitates problem solving while symptoms are still manageable.

Have questions about the Distress Screening Tool or need a referral to a mental health professional related to your distress? Please call Ashley Hahn, LCSW, Oncology Social Worker, in Santa Maria at 805.346.3402 or Jenni Davis, Oncology Counselor, in Arroyo Grande at 805.474.5303.

Distress Defined:

“An unpleasant experience of an emotional, social, psychological or spiritual nature that interferes with the ability to cope with cancer treatment. It extends along a continuum, from common normal feelings of vulnerability, sadness and fears, to problems that are disabling, such as true depression, anxiety, panic and feeling isolated or in spiritual crisis.”

Last fiscal year, **904 patients** were screened using the Distress Screening Tool. Some received free counseling and others were connected to relevant psychosocial supportive services. Help is available!

Mission Hope Cancer Center Distress Screening Tool

The staff at Mission Hope Cancer Center recognizes that cancer care is more than just receiving treatments. Peace of mind and a sense of well-being are essential for you to achieve long-term success. Please tell us how you are doing today by completing this screening tool.

☐ Check this box if there are no changes since the last time you completed this survey.

Step 1: Please circle the number for each symptom that best describes how you feel now:
(0=no complaints • 5=significant complaints)

No physical symptoms	0	1	2	3	4	5	Significant physical symptoms
★ Please circle the physical symptom(s) that bother you ★							
Nausea							
Pain							
Fatigue							
Weight loss							
Weight gain							
Difficulty swallowing or speaking							
Numbsness or tingling in hands or feet							
No sadness	0	1	2	3	4	5	Significant sadness
No anxiety	0	1	2	3	4	5	Significant anxiety
No concerns about spouse/children/family/caregiver	0	1	2	3	4	5	Significant concerns about spouse/children/family/caregiver
No concerns about intimacy	0	1	2	3	4	5	Significant concerns about intimacy
No financial concerns	0	1	2	3	4	5	Significant financial concerns
Other problems	0	1	2	3	4	5	Please tell us _____

Nutritional Screening

Have you lost weight recently without trying?

☐ Yes ☐ No ☐ Unsure

If yes: how much weight have you lost?

☐ 2-13 Lbs (1-5 kgs) ☐ 14-23 Lbs (6-10 kgs) ☐ 24-33 Lbs (11-15 kgs) ☐ More than 33 Lbs (More than 15 kgs) ☐ Unsure

Have you been eating poorly because of a decreased appetite?

☐ Yes ☐ No

Step 2: Our cancer care professionals are ready to help you!
Please check the box(es) of the professional you would like to speak with and we will contact you.

☐ Cancer Dietitian ☐ Marian Hospital Chaplain ☐ Cancer Exercise Trainer

☐ Nurse Navigator ☐ Financial Services ☐ Psychologist/Therapist

☐ iTHRIVE Plan Coordinator

☐ Check this box if you do not want to be contacted by a support service staff member.

Your name (please print) _____ Today's date _____

Address _____ Date of birth _____

Contact phone number _____ Name of your treating physician _____



Colleen Seung, RDN
Registered Dietitian
Nutritionist

Eating and Exercise for Cancer Survivorship

Just as eating and exercise is important during cancer treatment, proper nutrition and regular exercise as a cancer survivor continues to be indispensable. To help you reach a healthy weight which may reduce the risk of cancer recurrence, it is recommended to focus on a plant-based diet that includes a variety of whole grains, vegetables, fruits, and beans.

At meal times, plan to make a third or less of your plate animal protein. Aim to consume less than 12-18 oz. of red meat (beef, pork, or lamb) per week. Limit or avoid processed meat such as bacon and sausage as much as possible. Try to minimize consumption of foods that are high in saturated fats, sodium, and added sugars. It is best to avoid alcohol, but if you do drink it is recommended to consume no more than two servings per day for men and one serving per day for women.

When it comes to physical activity, make it a goal to do aerobic exercise, such as walking, cycling, or dancing, at least 30-60 minutes per day five days per week (or for seniors age 65 or older at least four days per week). It is also recommended to partake in strength training three days per week (or two days per week for seniors). If you have questions or concerns about your specific situation, consider making an appointment with the registered dietitian or cancer exercise trainer. We are here to help you put these recommendations into practice.

Try this plant-based meal that includes whole grains, beans, and vegetables!

One Pan Mexican-Style Quinoa*

- | | |
|--|---|
| 1 tablespoon olive oil | 1 cup corn kernels, frozen, canned or roasted |
| 2 cloves garlic, minced | 1 teaspoon chili powder |
| 1 jalapeno, minced | 1/2 teaspoon cumin |
| 1 cup quinoa | Kosher salt and freshly ground black pepper, to taste |
| 1 cup vegetable broth | 1 avocado, halved, seeded, peeled and diced |
| 1 (15-ounce) can black beans, drained and rinsed | Juice of 1 lime |
| 1 (14.5 oz) can fire-roasted diced tomatoes | 2 tablespoons chopped fresh cilantro leaves |

Directions:

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.

Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season to taste with salt and pepper. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro. Serve immediately.

Yield: 4 Servings • Prep time: 10 minutes • Cook time: 25 minutes

***Colleen's tips:** To reduce sodium content of this meal, use low-sodium vegetable broth and look for beans, tomatoes and corn with no salt added.



Staying Hopeful and Balanced with Nutrition and Exercise

How can exercise help us be hopeful?

One important aspect of a good exercise plan is establishing goals. When making goals use the acronym SMART: S-specific, M-measurable, A-achievable, R-realistic, T-timely. Instead of saying, “I am going to start exercising,” tell yourself something specific, such as: “I am going to start walking 15 minutes on my lunch breaks every Monday, Wednesday and Friday for the next six weeks.” This will help you have more focus on what your goal is. It has the added benefit of being able to track it on a calendar or other charting schedule. With each success of performing that daily goal, your confidence and belief in yourself increases. Your hope is being fortified! Every time you accomplish your goal for the day, recognize that you have done what you set out to do by telling yourself you are proud of what you’ve done. By the time you have reached the end of the six weeks you will have spoken encouraging words of affirmation enough to strengthen your self-confidence thereby giving you a solid foundation of Hope that can withstand the stormiest day.

Body balance

Our bodies want to stay in a state of homeostasis. This basically means it wants to stay well balanced internally. You can help this process by keeping a well-balanced nutritional plan whether undergoing treatment or throughout survivorship. Try these tips to help keep you nutritionally balanced:

- Stay hydrated: drink six-eight glasses of water or other non-sweetened beverages daily
- Eat at least five servings of non-starchy vegetables and fruits every day
- Take note of portion sizes on the nutrition labels
- Try to incorporate some protein, complex carbohydrate and healthy fats with each meal
- Limit consumption of fast foods and other processed foods or beverages
- Try adding variety to your routine: include whole grains like quinoa or buckwheat, try meatless protein sources like tofu or adding nuts and seeds, add more color to your salads



John Malinowski, ATC, CET
Cancer Rehabilitation
Program

**Do something positive
for yourself every day to
help keep your body in
balance.**



Cancer Is Complicated But Your Journey Doesn't Have to Be



Fighting cancer is not a challenge you should face alone. When you or a loved one are touched by cancer, the journey may be easier when you know what to expect and who may be walking beside you. Learn about the personalized care for your journey.

DIAGNOSIS

Receiving a diagnosis is the first step and the foundation for what comes next. Your team at Mission Hope will guide you through the necessary biopsies, lab tests and imaging tests to identify the specifics of your cancer. Genetic testing, either of the tumor or a full genetic profile, may be offered if indicated. Once the full “picture” of your diagnosis comes back, your physician can begin to lay out the best treatment plan for you. Your case will also be presented and evaluated at a tumor board. A tumor board is a group of doctors from all specialties who meet to discuss cancer cases, sharing all knowledge including x-rays and pathology. Ancillary staff including social workers and nurses also attend. The board’s goal is to determine the best possible treatment and care plan for each individual patient.

TREATMENT EXPECTATIONS

Your oncologist will talk with you about goals, expected outcomes of treatment and the different options. Questions such as: Is my cancer curative (cancer-free), in remission (cancer is stable and hasn’t progressed) or in need of palliative care (providing relief from symptoms to improve quality of life), will be covered. Always bring another person with you to your appointments. It is nice to have a second set of ears hear everything that is being

discussed, as you will already have a lot on your mind. Be sure to write down questions ahead of time to discuss with your doctors. A nurse navigator and social worker at Mission Hope are available to talk to you and help you during this and all phases of your journey.

TYPES OF TREATMENT

Your team at Mission Hope will develop a treatment plan specific to your needs. It may include some or possibly all of these treatment options:

Surgery: Removal of the cancer tumor or tissue that may become cancerous—this may be done before or after other treatment.

Medical treatment: The word **chemotherapy** or “chemo” is often used when referring to medicines used to treat cancer. Chemo is available in pill-form or infused through a vein (IV). These drugs work to kill the rapidly dividing cancer cells. **Targeted therapy** is a type of treatment that uses drugs to precisely identify and attack certain types of cancer cells. A targeted therapy can be used on its own or with other types of treatments. **Immunotherapy** is a treatment that uses a person’s own immune system to fight cancer. Some types of cancer are affected by hormones, like estrogen and progesterone. Treatments that block or lower the amount of hormones to slow down or stop cancer growth is called **hormone therapy**.

Radiation: A common treatment for cancer, radiation therapy can be used alone or in combination with other treatments. Special machines called Linear Accelerators send high doses of radiation to cancer cells to slow or stop growth.

Clinical trials: These are research studies that involve people. Through trials, doctors may find new ways to treat cancer, find and diagnose cancer, prevent cancer and manage symptoms of cancer. Many include new drugs, comparison of newer treatment to current treatment and ways to improve the quality of life for patients. Trials are available for all stages of cancer. Your doctor will talk to you if a clinical trial may be available for you.

SUPPORT FOR YOU—FREE OF CHARGE

Cancer affects more than your body. It is important for us at Mission Hope to deliver personalized, whole-person care. Your emotions, relationships, finances and life in general will go through changes. Be sure to use our support staff to guide you.

While a number of factors can affect the strength of your immune system, a well-balanced diet can certainly help boost your immune system. Use the power of your kitchen to support your health.

The Role of Diet in Immune System Health

A well balanced-diet includes a variety of nutrients. In general, it is best to include protein with each meal and snack, aim for at least 2 cups of fruit and 2½ cups of vegetables each day, and make at least half of your grain choices whole grain. There are certain nutrients that are particularly beneficial to the immune system.

Protein is one of the key nutrients. You can get protein from animal sources such as meat, poultry, seafood, milk, yogurt, cheese, eggs. Protein is found in some plant foods too, such as beans, lentils, peas, nuts, seeds, tofu, and tempeh. Consuming foods with probiotics is also important. These foods include yogurt, kefir, sauerkraut, miso, and kimchi. Omega-3's are also valuable and can be found in walnuts, flaxseed, chia seeds, hemp hearts, fatty fish, edamame, and vegetable oils with omega 3's. Fresh herbs and spices that contain immune boosting properties include garlic, onion, turmeric, ginger (grated from its natural form), and cinnamon.

Vitamins and minerals play a major role in immune health; however, it is preferable to meet your body's vitamin and mineral needs through food instead of supplements. Specific vitamins and minerals impact the immune system in a positive way. Vitamin A is one such vitamin, which is found in sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs, and fortified foods like milks and cereals. Another is vitamin C which is found in foods such as citrus fruits, tomatoes, potatoes, strawberries, bell peppers, broccoli, Brussels sprouts, and kiwi. Vitamin D is another, found in fatty fish, eggs, fortified foods like some milks, juice, and cereals, and mushrooms under UV light. Make sure to get Vitamin E as well, found in fortified cereals, sunflower seeds, almonds, hazelnuts, peanut butter, and vegetable oils such as sunflower or safflower. Finally, don't forget zinc, found in meat, poultry, seafood, milk, whole grains, beans, seeds, and nuts.

Also, ensure you practice food safety! This means it is important to cook food to proper temperatures. When it comes to fresh produce, thoroughly rinse and scrub it with a clean brush. Also use clean cutting boards and utensils to avoid-cross contamination. Cut away any bruised or damaged areas. It is recommended to avoid raw sprouts, especially if your immune system is already compromised.

If you or a loved one with cancer have been delaying nutrition counseling due to COVID-19 concerns, make note we are taking all proper safety precautions and our Clinical Registered Dietitian Colleen Seung is available to support you safely in your cancer journey. If you would like to set up a one-on-one or telephone appointment to discuss your nutritional needs, please contact her at 805.346.3403. Whether you have recently been diagnosed, are in the middle of treatment or have completed treatment and have concerns, Mission Hope Cancer Center is here for you. Please contact Ashley Hahn, LCSW, at 805.346.3402 (Santa Maria) or Jenni Davis, Oncology Patient Advocate, at 805.474.5303 (Arroyo Grande) for helpful information and referrals.

In general, it is best to include protein with each meal and snack. In addition, aim for at least 2 cups of fruit and 2½ cups of vegetables each day.





Mission Hope events continue to inspire and educate via Zoom



Gila Zak, C.Ht

Certified Hypnotherapist

Gila Zak is an honors graduate of HMI College of Hypnotherapy. She actively pursues continued education on the mind-body connection and how it can be utilized for an optimum quality of life.

You're invited to join us for an inspirational talk...

Stepping Back into Life: A Roadmap for Renewal

Special Guest Speaker Gila Zak, C.Ht, via Virtual/Zoom Meeting

So many changes have been thrust upon us recently and while some of us may be eager to get back out into the flow of life outside our sanctuaries we call home, others may need some help. Fortunately, you already have the immense inner resources to make this happen successfully! With this Living Room Talk, Gila will be providing participants with a metaphysical roadmap; you will create the route that works for you.

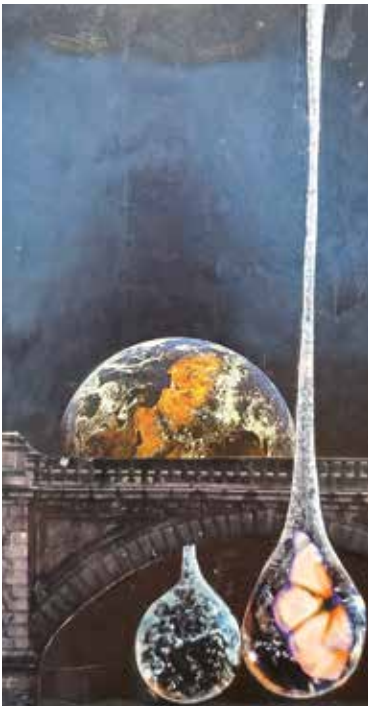
After a brief overview of how our emotions influence our behaviors, decisions and actions, we will get into the creative and inspiring part! You can enjoy this interactive event from the comfort of home and there will be a Q&A at the end.



Wednesday, July 15, 2020 • 5:00 p.m.

For more information and/or to register, please call HCRC at 805.542.6234

Valid email, name and phone number required for Zoom invite information



Exercise your creativity

SoulCollage® Project at Home

Terrie Miley, Facilitator, via Virtual/Zoom Meeting



Fridays: July 24 and August 28 • 1:00 p.m.

SoulCollage® is an art therapy activity suitable for everyone, offering a visual way to discover your feelings and inner wisdom. Originated by Seena B. Frost, SoulCollage® leads participants in a collage process that promotes healing and self-discovery while encouraging recovery, respite and renewal. No special artistic ability or previous experience is necessary. Materials are provided.

Please call Ashley Hahn at 805.346.3402 to pick up the art materials before the meeting to complete your project at home.

Who are you? Faith and hope. *What do you have to teach me?* We find our foothold through faith and positivity when the world around us hangs in delicate balance. *What gifts do you bring?* Your health



Mission Hope support groups continue to inspire and educate via Zoom

Breast Cancer Support Group



Research has shown that actively engaging in a support group helps to manage the physical, emotional and practical challenges a breast cancer diagnosis can bring. Support groups offer a safe and empowering setting where people can implement important life changes, develop new attitudes and forge meaningful personal connections. Join us on Zoom.



July 20 and August 17 • 4:00 to 5:30 p.m.

Led by Julie Neiggemann, RN, MSN, Oncology Nurse Navigator

For more information and/or to register, please contact Julie at 805.346.3405



Julie Neiggemann, RN, MSN

Oncology Nurse Navigator/
Breast and GYN Oncology Program

■ Julie Neiggemann, RN, MSN, brings many years of experience in both oncology and education to her position as an Oncology Nurse Navigator at Mission Hope. With a commitment to whole-person care, Julie values delivering health care with empathy and compassion to each patient as she provides education, support, and connection with resources.

Support for People with Oral and Head and Neck Cancer

SPOHNC is dedicated to meeting the specific emotional and physical needs of oral and head and neck cancer patients, survivors and their caregivers. There is much that can be done to help promote recovery and cope with the difficult symptoms of treatment. Group member questions, concerns or fears are all addressed. Join us on Zoom.



Tuesdays: July 21 and August 18 • 3:30 p.m.

For more information and/or to register, please call Ashley Hahn at 805.346.3402

■ Group facilitator Gina Rotondo, MS, is a full-time speech language pathologist at Arroyo Grande Community Hospital Outpatient Rehabilitation. Join her on Zoom to get your questions answered and share your suggestions with others.



Every day researchers are working hard to defeat lung cancer and improve the quality of life for those living with the disease.

The Lung Cancer Registry was created for ANYONE who has been diagnosed with lung cancer to help researchers better understand the disease and develop better treatments. Every year, more than 1.8 million people around the world receive a lung cancer diagnosis. Though there has been progress in treatment options, it is not enough. As a member of the Lung Cancer Registry, you are now part of a global effort to better understand the disease. Your experience is important to researchers developing new therapies.

Lung Cancer Registry Allows Patients to Help Fight Lung Cancer

The data gathering can lead to big research—and that is a big deal. When researchers study lots and lots of health data from you and thousands of others living with lung cancer, they can see patterns. Those patterns could lead to better understanding of diagnosis and treatment, and ultimately result in better outcomes.

It's easy to join and your privacy is ensured. The Lung Cancer Registry takes patient privacy very seriously; only trained registry managers will have access to identifying information. Otherwise, all personal identifiers are removed before they are shared. You also can see what your disease looks like compared to other patients in the registry.

Join today and be part of the solution to end lung cancer.

If you have any form or stage of lung cancer, join the Lung Cancer Registry by contacting Mission Hope Cancer Center's Nurse Navigator Carol Dichmann, RN, at 805.474.5302.

The Lung Cancer Registry collects detailed medical information about people who have been touched by lung cancer (those diagnosed as well as guardians, caretakers and representatives). Researchers can study the health data in the registry from thousands of lung cancer patients. This leads to a better understanding of the disease and can ultimately produce better outcomes for patients. In addition, by participating in the registry, lung cancer patients will be able to learn about new clinical trial opportunities that may help in their own treatment.

Registered participants can:

- Set contact preferences.
- Compare and share lung cancer experiences with others in the Registry.
- Receive information about research opportunities or other relevant news.

Together, with patient participation in the Lung Cancer Registry, we can build the knowledge base to make a bigger impact in the fight against lung cancer while continuing to achieve nationally-recognized standards for the delivery of quality cancer care, raising the bar on local level cancer care services available on the Central Coast.

For more information or if you want to take the next step to join the Lung Cancer Registry, please contact Mission Hope Cancer Center's Nurse Navigator Carol Dichmann, RN, at 805.474.5302.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mission Hope Cancer Center July 2020		1	2	3
6	7 Lymphedema Prevention Exercise	8 Learn Golf	9	10 Fight Against Falls Class
13	14 Lymphedema Prevention Exercise	15 Stepping Back into Life  5:00 pm Virtual/Zoom Meeting	16	17 Fight Against Falls Class
20 Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting	21 Lymphedema Prevention Exercise SPOHNC, Santa Maria  3:30 pm Virtual/Zoom Meeting	22 Learn Golf	23	24 Fight Against Falls Class Soul Collage  1:00 pm Virtual/Zoom Meeting
27	28 Lymphedema Prevention Exercise	29	30	31 Fight Against Falls Class

August 2020

3	4 Lymphedema Prevention Exercise	5	6	7 Fight Against Falls Class
10	11 Lymphedema Prevention Exercise	12 Learn Golf	13	14 Fight Against Falls Class
17 Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting	18 Lymphedema Prevention Exercise SPOHNC, Santa Maria  3:30 pm Virtual/Zoom Meeting	19	20	21 Fight Against Falls Class
24	25 Lymphedema Prevention Exercise	26 Learn Golf	27	28 Fight Against Falls Class Soul Collage  1:00 pm Virtual/Zoom Meeting
31				

EVENT LOCATIONS AND COLOR KEY

● SANTA MARIA (SM)

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

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



Ready to try a virtual class? We can help.

Breast Cancer Support Group

Women gather to share valuable information and resources to manage the physical, emotional and practical challenges a breast cancer diagnosis can bring.

● Mission Hope Cancer Center, SM

● Mission Hope Cancer Center, AG

JUL 20 & AUG 17; 4:00 PM



Virtual/Zoom Meeting

For more information, please contact Julie Neiggemann at 805.346.3405

● Hearst Cancer Resource Center, SLO

JUL 7 & AUG 4; 5:30 PM

Cancer Rehabilitation

A 12-week program that includes a variety of exercise modalities designed to help you achieve your fitness and wellness goals.

Please call to obtain your complete health and fitness assessment, individualized exercise prescription, and one-on-one rehabilitative exercise sessions with our Certified Exercise Trainer or to reserve your space in a class or on equipment.

● Marian Health & Wellness Center, SM

RESERVATION REQUIRED; SCHEDULE AN ASSESSMENT AT 805.346.3413

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

JUL 10, 17, 24, 31 & AUG 7, 14, 21, 28

RESERVATION REQUIRED;
PLEASE CALL 805.346.3413

Learn Golf

Now is the perfect time to get outdoors! 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

JUL 8, 22 & AUG 12, 26

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, SM

Please contact Ashley Hahn at 805.346.3402 for support

● Mission Hope Cancer Center, AG

Please contact Jenni Davis at 805.474.5303 for support

Nutritional Counseling Available

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



■ As we work to safely transition back to in-person classes, please note some programs will be available online only. If you need help, we're here to walk you through it.



Class sizes are also smaller to allow for appropriate physical spacing. Please call early to reserve a spot or to make a personal appointment.

Look Good Feel Better Live!

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



Virtual/Zoom Meeting

Please contact Ashley Hahn at 805.346.3402 for more information

● Mission Hope Cancer Center, AG



Virtual/Zoom Meeting

Please contact Jenni Davis at 805.474.5303 for more information

Lymphedema Prevention Exercise

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

● Marian Health & Wellness Center, SM

JUL 7, 14, 21, 28 & AUG 4, 11, 18, 25

RESERVATION REQUIRED; PLEASE CALL 805.346.3413

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

● Mission Hope Cancer Center, AG

JUL 24 & AUG 28; 1:00 PM



Virtual/Zoom Meeting

Call Ashley Hahn at 805.346.3402 to get materials to complete your art project at home

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

● Mission Hope Cancer Center, AG

JUL 21 & AUG 18; 3:30 PM



Virtual/Zoom Meeting

Please contact Ashley Hahn at 805.346.3402 for updates



iTHRIVE PLAN

iThrive Wellness Program

A free online web application that creates a personalized wellness plan for cancer survivors, iTHRIVE can help you heal from treatment, reduce the risk of recurrence and achieve optimal wellness.

SET UP AN APPOINTMENT TO GET STARTED TODAY!

Mission Hope Cancer Center, SM

PLEASE CALL ASHLEY HAHN, MISSION HOPE, SM: 805.346.3402

Mission Hope Cancer Center, AG

PLEASE CALL JENNI DAVIS, MISSION HOPE, AG: 805.474.5303

Look Good, Feel Better Live!

Free online workshops

Look Good Feel Better Live! Virtual Workshops provide participants with live instruction, tips, and tricks for dealing with appearance-related side effects of cancer treatment during a free one-hour, online* workshop conducted by a licensed beauty professional. Featuring two sessions:

- Skin care and cosmetics application
- How to manage hair loss, including the use of wigs, hats and scarf tying

Personal Care Products Council-member companies donate all of the products used in brand-neutral packaging (estimated value \$350 per kit).

■ To register for one of our online classes, confirm dates and times, and receive your complimentary makeup kit, please call:

Ashley Hahn at 805.346.3402 or Jennifer Davis at 805.474.5303

*If you don't have access to a computer, arrangements can be made to use one at Mission Hope. Call us!

For the latest information and the status of classes, please check out our website: www.missionhopecancercenter.com

LOCATION KEY: ● SANTA MARIA ● ARROYO GRANDE ● SAN LUIS OBISPO

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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Carolyn.Woods-Pierce@dignityhealth.org

Mission Hope Cancer Center, Santa Maria Phone Numbers

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

SECOND FLOOR:
Marian Breast Imaging Center 805.346.3490
Mission Hope Surgical Oncology
Monica A. Rocco, MD, FACS, Breast Surgeon.....805.346.3456
Jonathan Tammela, MD, FACOG, Gynecologic Oncologist...805.345.7101

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

Dignity Health Central Coast

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Mission Hope Cancer Center, Arroyo Grande

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850 Fair Oaks Avenue, Arroyo Grande, California
805.474.5300
www.missionhopecancercenter.com

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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.

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



Like us on Facebook:
Mission Hope Cancer Center

MISSION HOPE WELCOMES A NEW PHYSICIAN



Jonathan Tammela, MD, FACOG

Gynecologic Surgical Oncologist

■ Dr. Tammela specializes in women's cancer care and is highly skilled at minimally-invasive Robotic Surgery.

Jonathan Tammela, MD, FACOG

Dr. Jonathan Tammela is a triple board-certified surgeon in Gynecologic Oncology, Hospice and Palliative care, and Obstetrics and Gynecology. He provides highly specialized care in the diagnosis, treatment, and management of cancers affecting the female reproductive tract.

He received his medical degree from Indiana University School of Medicine and completed his residency in OB/GYN at the University of Florida. He was selected to complete subspecialty training in Gynecologic Oncology at Roswell Park Cancer Institute in Buffalo, New York.

Dr. Tammela is a trailblazer in his field, having established the first robotic gynecologic oncology program in NE Wisconsin, when robotic surgery was just beginning to show clinical promise in surgical cancer care. He became a proctor and instructor for colleagues desiring to train in robotic surgery, and has himself performed over 1000 robotic surgeries.

Dr. Tammela recognizes the need for timely comprehensive care for patients with suspected or diagnosed cancer cases, as well as other complex gynecologic surgical cases. Committed to offering patients the most up-to-date, evidence-based therapies, he looks forward to bringing his expert care to the patients at Mission Hope Cancer Center.

