

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

November/December 2020

THE ROLE OF PALLIATIVE CARE

Friends are good to have, especially when times are tough. We want our friends to delight in our victories and show compassion in our defeats. A true friend tells it like it is, with kindness and humility, and knows when to be silent. A friend will inspire and push us to be our best self and hold us when our energies are truly spent. Palliative medicine is meant to be a true friend, or “pal” to those with serious illness.

Your Friend in Healthcare

The palliative care team includes physicians, nurse practitioners, social workers, nurses and chaplains who strive to focus on the person at least as much as (usually more than) the illness. By working closely with your medical team, palliative care can:

- Provide expert guidance in symptom relief (from pain, breathlessness, depression, fatigue, etc)
- Help answer questions about the illness, treatments, and what to expect
- Empower patients and families regarding choices, care planning, and goals
- Emphasize quality of life and patient values
- Help optimize function, health, access to resources, and medical treatments

As part of our commitment to human kindness, Dignity Health Central Coast offers palliative care services both in the hospital and at home. Illness can affect every part of our lives...physical, spiritual, financial, and emotional. If you are struggling with cancer or a serious illness of any kind, let us be your pal. Our Clinical Director, Tina McEvoy, RN, is available to answer your questions and help guide your next steps. **For a referral or more information, please call the Palliative Care office at 805.739.3950**



Matthew Katics, DO
Director of Palliative Care

Learn how palliative medicine can help you or your loved one live better.

Palliative Care: Living with Hope, Choosing Quality of Life

Speaker: Matthew Katics, DO,
via Virtual/Zoom Meeting



Tuesday, November 3
5:00 p.m.

To register for this Zoom meeting, please contact Ashley Hahn at 805.346.3402

November is Palliative Care Awareness Month and Lung Cancer Awareness Month

Mission Hope is dedicated to helping you stay informed of the latest research and treatment options.

**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

Thomas Bosshardt, MD, FACS
Oncology Surgeon

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic 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



The Cypress Ridge Campaign for Cancer Awareness

The Cypress Ridge community has supported cancer patients at Arroyo Grande Community Hospital since 2013 with their annual Cypress Ridge Campaign for Cancer Awareness. Their dedication to making a difference for local cancer patients has made an undeniable impact on the range of cancer services and support for patients at Mission Hope Arroyo Grande. The campaign has raised a cumulative total of over \$16,000, and in 2019 alone, it raised nearly \$5,000. Arroyo Grande Community Hospital Foundation and Mission Hope Arroyo Grande would like to extend sincere gratitude to the Cypress Ridge community and all who have supported this campaign each year.

In past years, the Cypress Ridge Campaign for Cancer Awareness has benefited the Cancer Care Fund. This year, the campaign will be broadened to benefit multiple cancer programs. Donors can choose which of the following they'd like their gift to benefit:

- **Cancer Care Fund**—provides local cancer patients and survivors with the financial and emotional assistance they need to help remove unnecessary stress that could diminish their health



- **Cancer Rehabilitation Program**—a no-cost, structured and personalized 12-week exercise and nutrition program that helps cancer patients safely implement health lifestyle behaviors into their daily routine
- **Transport to Treatment Program**—provides safe, comfortable and reliable transportation for local cancer patients to and from their many appointments at Mission Hope Arroyo Grande at no cost to the patient

■ Those who would like to join in supporting local cancer patients can make a gift online at SupportArroyoGrande.org or call the Foundation at 805.994.5421.



Day of Hope 2020

Despite the challenges presented by COVID-19, the seventh annual Day of Hope was a resounding success. The event raised a record-breaking grand total of **\$257,202** for patients in need at Mission Hope Cancer Center, far exceeding its \$230,000 goal! This year, 781 generous donors contributed to Day of Hope compared to 310 in 2019. A community car parade commemorated the 2020 event, and the success of this year's event was made possible due to the incredible kindness and generosity of the community.

Marian Regional Medical Center and Mission Hope Cancer Center would like to extend heartfelt gratitude to all event sponsors, donors, team leaders, and car parade participants for the significant generosity made in support of our community's cancer patients and their family members.

Day of Hope proceeds directly support:

- **Patient Outreach Needs**—Meeting the needs of patients and struggling families
- **Equipment & Technology**—To ensure that the most advanced medical treatments and technologies are available, locally
- **Programs & Services**—Nutritional support, education, counseling, support groups, etc., all offered at no charge to patients and families



**Day of Hope raises
\$257,202—made possible
by a record number of
781 donors!**



marianfoundationfeedback@dignityhealth.org
805.739.3595
www.SupportMarianMedical.org



**J. Ben Wilkinson, MD,
FACRO**

Radiation Oncology

There are definitely some aggressive versions of prostate cancer that can spread very quickly, sometimes even before it is discovered.

It is important to remember how common prostate cancer is diagnosed in our country. In the U.S., **one in nine men will be diagnosed with this cancer** during their lifetime. Think about the groups of people you know that have more than nine men: the people on your street, in your church, maybe at your workplace. Since it is so common, knowing a little about this diagnosis can be very helpful.

Is There Anything New in Prostate Cancer Treatment?

One of the most common misconceptions that I run into is the phrase, “You don’t die *from* prostate cancer, you die *with* prostate cancer.” While it is true that many prostate cancers are diagnosed at early, very treatable (or observable) stages, there are definitely more aggressive versions that can spread very quickly, sometimes even before it is discovered. This is why PSA screening tests are so important.

The most common way that we determine the potential for a prostate cancer to spread is what it looks like under the microscope, which is called the Gleason Score. Along with the PSA blood test, this Gleason number that is usually between 6 and 10, can tell us a lot about the cancer and what type of treatment might be needed. Newer ways of understanding how a prostate cancer is going to behave include advanced MRI scans of the prostate, prostate-specific PET scans, and genomic tests.

Multi-Parametric MRIs (Magnetic Resonance Imaging) are high resolution, non-invasive imaging techniques that allow oncologists to not only see what a person’s prostate looks like, but we can often see whether a cancer has started to spread into the nearby tissues before an initial treatment decision is made. Someone’s initial treatment, such as surgery or radiation therapy, might not work because there can be extra cancer cells just outside the prostate that aren’t seen well using standard CT scans. These special types of MRI scans can also help your doctor understand how dense a cancer is and sometimes predict whether a cancer might

behave differently than what the Gleason score is predicting.

Many people have heard of **PET Scans** (Positron Emission Tomography) related to cancer care. Until recently however, we have not had a PET scan that was dedicated specifically to prostate cancer. These scans use a special type of contrast or dye (called an isotope) and we now have one that is specific for prostate cancer called fluciclovine (and at least one more that will be available soon). Right now, prostate-specific PET scans are used mainly to find disease after an initial treatment such as prostate surgery or radiation therapy, but this likely will change in the next few years.

Genomic Tests are definitely one of the best new developments in the treatment of prostate (and other) cancers. These are not tests of a person’s core DNA (what makes them unique), but instead are a series of tests on the genetic material. These tests allow us to dig deeper into the biology of a person’s cancer cells and understand more about their chance of coming back after treatment. Right now, genomic tests can be used to help your doctor know whether to treat or how to treat a new or persistent case of prostate cancer.

The board-certified doctors at Mission Hope Cancer Center have access to these and many more advanced tests to use in the fight against prostate and other types of cancer. If you know someone affected by this disease, pass this article along to them and let them know that Mission Hope Cancer Center is here to help!

Many prostate cancer patients receive therapies and procedures that have a negative effect on a man’s physical capabilities to complete the normal activities of daily living as usual. Some common side effects of this type of treatment are: fatigue, loss of muscle mass, increased body fat percentage and perceived decline to function of daily activities. A proven way to fight against these unwanted side effects of necessary treatments is through exercise.

Prostate Cancer Patients and Exercise

In one study published in the *Journal of Clinical Oncology* 155 men were randomly assigned to either a control group (no exercise intervention) or a 12 week exercise program including resistance training three days per week. The group who participated in exercise reported less frequency and less severity of fatigue from normal activities of daily living. The exercise group also demonstrated increases in upper body and lower body muscular strength and endurance.

For those who receive androgen deprivation therapy some potential side effects to consider are the potential effects of decreased muscle and bone development. Androgens are a group of hormones in our body that have a direct role in muscle and bone development. With the absence or reduction of these hormones we need external measures, like exercise to help combat these effects. Resistance exercise has been widely reported as having beneficial effects on increasing muscle mass, muscle strength and muscle endurance. It is also known to have positive effects on maintaining bone and connective tissue health which may help reduce your risk of injuries while exercising and in everyday life.

It is always suggested that you talk with your doctor or other health care provider before starting an exercise routine. I also recommend you seek the guidance of a fitness professional with certifications and experience working with the sub-specialty of cancer survivorship. Following a few tips from the American College of Sports Medicine’s Guidelines for Strength Training will help get you on the right track and feeling stronger and more energetic.

- 1 Perform 8 to 10 multi-joint exercises of 8-12 repetitions for 2-3 sets each workout
- 2 Perform 2 or 3 workouts each week with at least 24 hours between workouts to allow your body appropriate time to recover
- 3 Focus on proper form for each exercise. Maintaining good form is imperative to reduce your risk of injuries



■ Mission Hope Cancer Center offers a variety of exercise classes designed especially for cancer survivors, including our 12-week cancer rehabilitation program. For men recovering from prostate cancer, we are pleased to offer a pelvic floor strengthening class which helps to address the issues of urinary or fecal incontinence, weak core muscles and general deconditioning. To get started, please contact the instructor John Malinowski, ATC, CET, at 805.346.3413.



John Malinowski, ATC, CET
Cancer Rehabilitation Program

Needed cancer therapies can result in men’s physical capabilities being diminished. Appropriate exercise can combat these negative effects and lead to improved strength and endurance.



Did you know?

If half of people who are high risk individuals were screened, over 12,000 lung cancer deaths could be prevented.



Carol Lowe, RN, OCN
Oncology Nurse
Navigator



Carol Dichmann, RN, BSN
Oncology Nurse
Navigator

While November serves as a gentle reminder to schedule your lung screenings, we encourage you to remember **all of your essential screenings**. Although we are still in a pandemic, we are encouraging you to get the care that you need. Delaying routine screenings—such as a mammogram or colonoscopy—can put you at great risk. Our facilities have put extensive safety measures into place and are here to care for you. A delay in seeking treatment could make all the difference in your health outcomes.

Screenings and Early Detection Crucial

In honor of Lung Cancer Awareness month, there are a few facts to be aware of:

- Breast Cancer awareness is a pink ribbon, Lung Cancer is a white ribbon
- Every 3.3 minutes someone in the U.S. dies of lung cancer
- Lung cancer is the most common cancer worldwide
- Screening high risk individuals can improve survival rates by finding the disease at an earlier stage when it is more likely to be curable
- Smoking is not the only risk factor for lung cancer
- More men are diagnosed with lung cancer but more women live with the disease
- The rate of new lung cancer cases has dropped for men but has risen for women
- Research has made large improvements in the care of lung cancer, people are living longer with the disease than ever before

Mission Hope Cancer Center takes the health of everyone's lungs seriously, regardless of risk factors. Since September 2014, Mission Hope Cancer Center has been running a **Lung Cancer Screening Program**. Screening for individuals at high risk has the potential to dramatically improve lung cancer survival rates by finding the disease at an earlier stage when it is more likely to be curable. Early detection, by low-dose CT screening, can decrease lung cancer mortality by 14 to 20 percent among high-risk populations. If half of people who are high risk individuals were screened, over 12,000 lung cancer deaths could be prevented. Do you know if you have risks and what they may be? You can call and find out. **Please contact Carol Lowe, RN, OCN, Oncology Nurse Navigator, at the Lung Cancer Screening Program: 805.346.3463**

■ In addition to the Lung Cancer Screening Program, Mission Hope Cancer Center is involved with **The Lung Cancer Registry**. The Lung Cancer Registry is a community for people with all forms of lung cancer. Powered by data from patients and caregivers, this platform gives those most affected by lung cancer a voice. Registered patients, caregivers, clinicians, and researchers can access the de-identified information. If you have lung cancer or are caring for someone with lung cancer and have questions about the Lung Cancer Registry, we are here to help. **Please contact Carol Dichmann, RN, BSN, Oncology Nurse Navigator, at 805.474.5302**

Many risk factors for breast cancer have been identified, including genetic, lifestyle and environmental factors. Some are modifiable and others are not. A family history of breast cancer in a first-degree relative is the most widely recognized breast cancer risk factor, but only 5-10% of women diagnosed with breast cancer have a known genetic predisposition. Women with a family history of breast cancer in a mother or sister have a 1.5-3 fold increase in the risk of developing breast cancer.

Which Genetic Syndromes Increase the Risk of Breast Cancer?

Multi-panel genetic testing for hereditary breast cancer syndromes is currently not standard for all women diagnosed with breast cancers due to insufficient data regarding interpretation accuracy and its utility. For now, BRCA1/2 testing accounts for half of the detected genetic breast mutations and is recommended in a women with:

- 1) Personal history of breast cancer diagnosed before the age of 50
- 2) Multiple female relatives with breast cancer on same side of the family or family history of male breast cancer
- 3) Multiple breast cancers
- 4) Both breast and ovarian cancer
- 5) With Ashkenazi Jewish heritage

Those with BRCA mutation are at risk for developing breast cancer (50 to 80%) by age 70 and developing ovarian cancer (40-60%) by age 85. Since 2014, PALB2 (partner and localizer of BRCA2 gene) testing is frequently added to BRCA due to its inherent breast cancer risk of 5 to 9 times the average. Optional genetic panel testing includes PTEN, TP53, ATM, CDH1, CHEK2, NBN, NF1, STK11, and PMS2/MSH2—Lynch syndrome, also known as hereditary non-polyposis colorectal cancer, is a hereditary cancer syndrome, and is associated with multiple types of cancers, particularly colon, ovarian and

endometrial/uterine, as well as breast cancers. Women with these mismatch repair genetic mutations (Lynch) may also have a 2-3 fold increase risk of breast cancer compared to the general population. Additionally, the personal and family cancer history suggests crossover in eligibility for breast specific genetic testing in a significant number of patients (16.5–24.4%). If positive for breast cancer specific genetic mutations such as BRCA these women are eligible for enhanced breast surveillance which would otherwise not be offered. Thus, risk reducing prophylactic mastectomy can be considered for women with hereditary pathogenic mutations in BRCA, PTEN (Hamartoma Tumor Syndrome or Cowden disease) and TP53 (Li-Fraumeni). Other rare genetic disorders, such as Peutz-Jeghers syndrome and hereditary nonpolyposis colorectal carcinoma (HNPCC), are associated with an increased risk of breast cancer. For women with BRCA1 mutation, current expert guidelines also recommend bilateral prophylactic oophorectomy between ages 35 to 40 or after childbearing is completed.

Genetic testing can reveal your inherited cancer risk. The Cancer Risk Program at Mission Hope is available to answer your questions on this important topic. Please call 805.346.3405.

Women with a family history of breast cancer in a mother or sister have a 1.5–3 fold increase in the risk of developing breast cancer. But that's not the only risk factor.

Holiday greetings from Katherine Guthrie...

This time of year always prompts us to think about the things that are most important to us. I've learned from cancer survivors that with a diagnosis often comes a reordering of priorities. That sentiment coupled with the season, offers us a unique opportunity to pay attention to what really matters. In spite of the stress that can accompany the holidays, it's important to spend time with the people we love, although this COVID year that may be doing FaceTime or Skype with your children or grandchildren.

While this season is a time for us all to celebrate life and its many blessings, the holidays can also be stressful. During this time of festivities and gatherings, survivors can feel isolated. **Live in the moment.** Realize your limitations and feel comfortable doing less. Don't feel obligated to live up to others' expectations. Express your love in more direct ways than gifts. There are no "shoulds." Rededicate yourself to your spiritual growth.

The Mission Hope Team wishes you a blessed Thanksgiving, very happy Holiday Season, and a New Year that will bring hope and joy!



Learn at home from experts on Zoom...

How to Find Emotional Wellness During Challenging Times



Lindsey Levenson,
MS, LMFT

Join us from the comfort of your home as Lindsey shares her extensive knowledge on topics to help:

- Recognize common emotions in response to challenging events
- Identify and learn ways to manage stress
- Find creative ways to cope

This will be an interactive event followed by a question and answer session.



Wednesday, November 4 • 5:00 p.m.

To register for this Zoom presentation, please call Hearst Cancer Resource Center at 805.542.6234.

Learn at home from experts on Zoom...

Order, Disorder, Reorder—Life in the Midst of COVID



Flora Washburn,
BCC

There is strength in the human spirit that is greater than we sometimes realize. Each person who has had to face cancer has had to face their fears, to find this strength even though they did not realize they had it. As we walk forward not knowing what is coming, how will we respond? How can we encourage one another and build relationships in the midst of COVID? Join Spiritual Care Manager Flora for this encouraging presentation about hope.



Thursday, November 12 • 5:00 p.m.

To register for this Zoom presentation, please call Hearst Cancer Resource Center at 805.542.6234.

Free community forum:

Understanding the Medicare Maze

Presented by the Health Insurance Counseling and Advocacy Program (HICAP)



Tuesday, November 10, 2020

5:00 to 6:30 p.m.

For more information and/or to register for this Zoom meeting, please contact Ashley Hahn at 805.346.3402



Every year Medicare plan enrollees can reevaluate their coverage and make changes during a specified time period. This year, Medicare open enrollment begins on October 15 and ends on December 7, with changes effective on January 1, 2021. Now is the time to learn about the different options available to you in order to make informed choices! Questions are welcome. **Join us on Zoom.**

Get answers to your questions about these topics:

1. Medicare Basics Overview

- What is Original Medicare
- Entitlement to Original Medicare
- Different ways to get Medicare
- Medicare premiums
- Medicare late enrollment

2. Medicare Supplements (Medigap)

- What they are/How they work
- Types of medicare supplements
- Enrollment/Eligibility periods

3. Medicare Advantage Plans (Part C)

- What they are/How they work
- Eligibility requirements
- Enrollment periods
- Disenrollment periods (returning to Original Medicare)

4. Part D Plans (Prescription Drug Coverage)

- What they are/How they work
- Eligibility requirements
- How they work with other coverage
- Enrollment periods
- Late enrollment penalties



Colleen Seung, RDN
Registered Dietitian
Nutritionist

Pay attention to hunger
cues: Do I need to eat?
Am I bored? Stressed?

Nutrition for Dealing with Holiday Stress

The holidays may be a little different this year, but that doesn't mean there won't be stress. While many often spend the holidays with family and friends, many will be isolated this year. To deal with stress that isolation may cause, make technology your friend. Get connected with your people on one of many outlets such as Zoom or FaceTime. Eat dinner together through a video call. Share new hobbies you've been working on as well. Perhaps brush up on your cooking skills and reveal your new favorite recipe!

Another important way of managing stress around the holidays is to establish a meal and snack schedule. Sometimes routines may go out the window, especially during this busy season, so having structure around your eating habits can help bring peace of mind. Make a schedule that will help you stay energized and satisfied throughout the day, whether it is three large meals a day or six balanced snacks a day. Stay in tune with your emotions too. Look out for emotional eating due to stress or boredom. Pay attention to hunger versus indulgence. If you find yourself chronically stressed, this can affect your nutrition by leading to increased appetite. If you are eating for reasons other than hunger, focus on being mindful about your meal and snack choices.

Remember, we are here to help! The role of a Registered Dietitian is to help you navigate the issues related to managing side effects and provide healthful tips on preparing meals and eating to support health and healing all year long. **Please feel free to call Colleen Seung, RDN, at 805.346.3403**

*Back by
popular demand!*

Combining the powerful synergy of food and fitness...

HEAL: Healthy Eating and Activity for Living



Virtual/Zoom Meetings

Second Tuesday of the month • 2:00 to 3:00 p.m.

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

It's no secret that **proper nutrition** and **daily movement** are two key contributors for maintaining and enhancing both mental and physical health. This is true for everyone—especially those who have cancer and are undergoing treatment. Mission Hope is pleased to bring back this monthly class via Zoom for patients and survivors alike that features interesting topics on food and fitness designed to educate and motivate. Join us to personally benefit from timely nutrition advice and practical exercise tips!

November 10: Nutrition and Exercise Strategies for the Holidays

December 8: Reflecting on Nutrition and Exercise Habits

Please call 805.219.HOPE (4673) to register for these virtual meetings

*A colorful side dish to accompany a holiday meal
with just the right amount of sweetness and tartness*

Holiday Cranberry Butternut Bake

Ingredients:

- 1 lb. butternut squash (chopped/cubed, peeled)
- 1 large apple (peeled, cored, and chopped)
- 1/2 lb. fresh cranberries (227 g) bag
- 1 tbsp. olive oil (or coconut oil in liquid state)
- 1/4 cup maple syrup
- 2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1 scant tsp. ground cloves



Instructions:

- Place all ingredients in a one gallon-sized ziplock bag or a large container with a tight-fitting lid.
- Shake well to coat everything in spices and maple syrup.
- Pour out into baking dish (mine was 9"x13") and bake at 350° F for about 1 hour to 1 hour and 20 minutes.

Note that if you have a smaller, deeper baking dish that this will take longer in the oven. The bigger and more shallow the dish is, the quicker this will cook.

(I do not recommend a cookie sheet due to the cranberries)

- Add salt to taste after cooking, if needed.

Prep time 15 minutes • Cook time 1 hour 20 minutes • Total time 1 hour 35 minutes

Servings 4, approximate

Recipe courtesy of Tiffany McCauley at TheGraciousPantry.com

For help with specific dietary issues before, during, or after treatment, please schedule a one-on-one consultation with Mission Hope's Registered Dietitian Colleen Seung by calling 805.346.3403. For a phone appointment with Hearst Cancer Resource Center, please call 805.542.6234



Barbara Hanneloré
Facilitator

An author, speaker and mentor, Barbara Hanneloré has been in the holistic health field for over 30 years, with training in Wellness Coaching and Expressive Arts. She loves observing the seasons and the moon, finding wisdom for our lives in the rhythms of nature. Join her on Zoom for this calming and creative hour.

Stress-busting Friday fun:

Soothing Practices for Stressful Times

With Barbara Hanneloré, Facilitator, via Virtual/Zoom Meeting

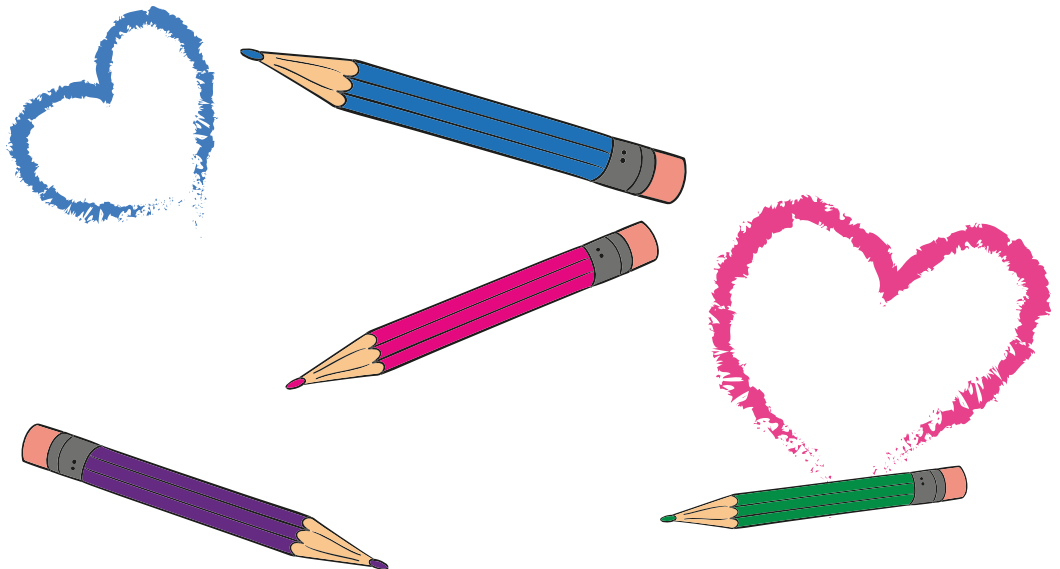


Friday, November 13, 2020 • 3:00 p.m.

This hour will give you a chance to engage your creative side, as well as caring for your body with some calming breaths and gentle movement. Our theme will be the heart, with a HeartMath activity to help you communicate with your own heart and benefit from its wisdom.

We'll do a bit of visualization and drawing of our impressions. No special artistic ability needed; it doesn't have to look like anything! Just a mark of color on the page is fine. This type of focus on the heart helps us access intuition and healthy hormones, while reducing stress. Patients, caregivers and community members are encouraged to attend.

For reservations and instructions on how to join via Zoom, please call Ashley Hahn at 805.346.3402



Suggested materials: 11"x14" paper and colors for drawing (crayons or colored pencils). Have some extra paper on hand since we'll be doing more than one drawing. Any size paper will do but larger is best. If you do not have materials, please let Ashley know when you RSVP and supplies will be mailed to you.

Join us for an informative talk:

The Role of Clinical Trials

With Jessica Salamacha, BS, NRCMA,
Clinical Research Coordinator via Virtual/Zoom Meeting



Thursday, November 19 • 2:00 p.m.

Did you know that Clinical Trials play a vital role in the development of every medication on the market? Each medication used in the world today must undergo years of research and clinical trial testing before it is approved to hit your local shelves and pharmacies. Mission Hope Cancer Center is proud to be involved in this important process and offers over 100 clinical trials to our cancer patients.

Please join us for a virtual meeting on Zoom to hear directly from our Clinical Research Coordinator, Jessica Salamacha, BS, NRCMA, on what trials we are currently offering and how you can play an important role in the future of medicine!

To register for this Zoom meeting, please call 805.346.3462

Virtual group discussion:

Managing Loss and Grief During the Holidays

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



Thursday, November 19 • 5:30 p.m.

Following the loss of a loved one, the holiday season may no longer hold its traditional appeal. While it can be challenging to face festivities in these new circumstances, we are here to help. Please join us on Zoom from the comfort of your home for a free informal discussion which will focus on helpful strategies to cope with sadness and other common feelings related to loss—especially during the holidays. Our hope is that you will benefit from this time of sharing. **Participants will receive information packets with helpful hints and a suggested reading list.**

Please register with Ashley Hahn at Mission Hope for this virtual meeting by calling 805.346.3402



Stay in touch. Stay informed.

Mission Hope wants everyone to be safe and healthy, which means staying home more than ever. To keep the flow of information and support going, Mission Hope is offering many of our support classes and educational workshops via the Zoom platform. We invite you to join us online! If you need help with virtual meetings, please give us a call; we're here to help walk you through it.

805.219.HOPE (4673)

805.474.5300

Se habla español: 805.346.3406

November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Lymphedema Prevention Exercise Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting Presentation: Palliative Care  5:00 pm Virtual/Zoom Meeting	4 Beauty and You Learn Golf Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting Presentation: How to Find Emotional Wellness  5:00 pm Virtual/Zoom Meeting	5 Caregiver Support Living with Cancer Support Group  6:00 pm Virtual/Zoom Meeting	6 Fight Against Falls Class
9 Energy Balancing  11:00 am Virtual/Zoom Meeting	10 Lymphedema Prevention Exercise HEAL Class  2:00 pm Virtual/Zoom Meeting Medicare Maze Forum  5:00 pm Virtual/Zoom Meeting	11 All Blood Cancers Support Group  1:00 pm Virtual/Zoom Meeting	12 Apoyo y Educación para Personas con Cáncer  10:00 am Reunión Virtual/Zoom Pilates Exercise Class  2:00 pm Virtual/Zoom Meeting Presentation: Order, Disorder, Reorder  5:00 pm Virtual/Zoom Meeting	13 Fight Against Falls Class Pelvic Floor Strengthening Class for Men Soothing Practices Class  3:00 pm Virtual/Zoom Meeting
16 Prostate Cancer Support Group  Time TBA Virtual/Zoom Meeting	17 Lymphedema Education Lymphedema Prevention Exercise SPOHNC, Santa Maria  3:30 pm Virtual/Zoom Meeting	18 Learn Golf Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting	19 Caregiver Support Visioning Collage Clinical Trial Presentation  2:00 pm Virtual/Zoom Meeting Loss and Grief Discussion  5:30 pm Virtual/Zoom Meeting Living with Cancer Group  6:00 pm Virtual/Zoom Meeting	20 Fight Against Falls Class
23 Energy Balancing  11:00 am Virtual/Zoom Meeting	24 Apoyo y Educación para Personas con Cáncer  6:00 pm Reunión Virtual/Zoom	25 	26 <div>  </div> <div>Office closed for the Thanksgiving holiday</div>	
30 				

December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lymphedema Prevention Exercise Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting	2 Beauty and You Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting	3 Caregiver Support Living with Cancer Support Group  6:00 pm Virtual/Zoom Meeting	4 Fight Against Falls Class Soul Collage  1:00 pm Virtual/Zoom Meeting
7	8 Lymphedema Prevention Exercise HEAL Class  2:00 pm Virtual/Zoom Meeting	9 All Blood Cancers Support Group  1:00 pm Virtual/Zoom Meeting	10 Visioning Collage Pilates Exercise Class  2:00 pm Virtual/Zoom Meeting	11 Fight Against Falls Class Pelvic Floor Strengthening Class for Men Custom Card Making Class  1:00 pm Virtual/Zoom Meeting
14 Energy Balancing  11:00 am Virtual/Zoom Meeting Prostate Cancer Support Group  Time TBA Virtual/Zoom Meeting	15 Lymphedema Education Lymphedema Prevention Exercise	16 Breast Cancer Support Group  4:00 pm Virtual/Zoom Meeting	17 Caregiver Support Living with Cancer Support Group  6:00 pm Virtual/Zoom Meeting	18 Fight Against Falls Class
21	22 Lymphedema Prevention Exercise Apoyo y Educación para Personas con Cáncer  6:00 pm Reunión Virtual/Zoom	23	24 Office closed	25 Office closed: Christmas Day
28 Energy Balancing  11:00 am Virtual/Zoom Meeting	29	30	31	



Getting Started at Mission Hope

Patient Orientation Class

Get to know Mission Hope 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

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.

NOV 12; 10:00 AM



Reunión Virtual/Zoom

Para obtener más información o ayuda, favor de llamar a Hector Rodriguez al 805.346.3406

NOV 24 & DEC 22; 6:00 PM



Reunión Virtual/Zoom

Para obtener más información o ayuda, favor de llamar a Aracely Alvarez al 805.786.6183

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.

NOV 4, 18 & DEC 2, 16; 4:00 PM



Virtual/Zoom Meeting

For more information, please contact Julie Neiggemann at 805.346.3405

NOV 3 & DEC 1; 4:00 PM



Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

Cancer Rehabilitation

A 12-week program which includes group strengthening. Each participant meets one-on-one with our Certified Exercise Trainer for an individualized program. A fitness assessment and medical release are required before participating.

Marian Health & Wellness Center, SM

Reservation required; schedule an assessment John Malinowski at 805.346.3413

Caregiver Support

Please call to arrange a private consultation.

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

Hearst Cancer Resource Center, SLO

NOV 5, 19 & DEC 3, 17

Please call Ellen Sheffer to arrange a private consultation at 805.542.0626

Energy Balancing

Energy balancing therapy encourages the body's natural ability to heal itself.

NOV 9, 23 & DEC 14, 28; 11:00 AM



Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

Family Night Support Group

Support group in English and Spanish for children with cancer and their families.



Virtual/Zoom Meeting

Please contact Ashley Hahn at 805.346.3402 or Hector Rodriguez at 805.346.3406 (Spanish) for updates

■ Most programs are available online or by phone only. If you need help, we're here to walk you through it. For the latest information, please check out our website:

www.missionhopecancercenter.com

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

NOV 6, 13, 20 & DEC 4, 11, 18

By appointment, please call John Malinowski at 805.346.3413

Grupo de Apoyo Para Hombres con Cáncer

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



Reunión Virtual/Zoom

Para obtener más información o ayuda, favor de llamar a Hector Rodriguez al 805.346.3406

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.



Virtual/Zoom Meeting

NOV 10; 2:00 PM

Topic: Nutrition and Exercise Strategies for the Holidays

DEC 8; 2:00 PM

Topic: Reflecting on Nutrition and Exercise Habits

Please register for this virtual meeting by calling 805.219.HOPE (4673)

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

NOV 4, 18

By appointment, please call John Malinowski at 805.346.3413

Living with Cancer General Support Group

Informal support group provides information for all diagnoses and a forum to learn and share.

Please contact Ashley Hahn at 805.346.3402 for support

NOV 5, 19 & DEC 3, 17; 6:00 PM



Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

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!



Virtual/Zoom Meeting

Please contact Ashley Hahn at 805.346.3402 for more information

¡DISPONIBLE EN ESPAÑOL!

Favor de llamar para una cita a Hector Rodriguez al 805.346.3406

Beauty and You

Hearst Cancer Resource Center, SLO

NOV 4 & DEC 2

Consultations by phone; please call 805.542.6234

Lymphedema Education

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

Hearst Cancer Resource Center, SLO

NOV 17 & DEC 15

Phone consultations. To schedule an appointment call Jamie Cinotto at 805.782.9300 or email cclymphedema@gmail.com

Lymphedema Prevention Exercise

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

Marian Health & Wellness Center, SM

NOV 3, 10, 17 & DEC 1, 8, 15, 22

By appointment, please call John Malinowski at 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.

Please contact Ashley Hahn at 805.346.3402 for updates

NOV 11 & DEC 9; 1:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234

Pelvic Floor Strengthening for Prostate Cancer Survivors

Benefiting men with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and general deconditioning.

Marian Health & Wellness Center, SM

NOV 13 & DEC 11

By appointment, please call John Malinowski at 805.346.3413

Pilates Exercise Class

This class will help participants develop strength, flexibility, and body awareness with exercise geared to the rehabilitative needs of those with a cancer diagnosis.

NOV 12 & DEC 10; 2:00 PM



Virtual/Zoom Meeting

For more information, please call HCRC at 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.

NOV 16 & DEC 14



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234

Soul Collage/Card Creation

Art therapy has been used successfully in the treatment of trauma and life's major transitions. Materials are provided.

DEC 4, 11*; 1:00 PM



Virtual/Zoom Meeting

*Custom Card Making Class

Call Ashley Hahn at 805.346.3402 to sign up for the class and the supplies will be mailed directly to you.

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.

NOV 17; 3:30 PM



Virtual/Zoom Meeting

Please contact Ashley Hahn at 805.346.3402 for updates

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

NOV 19 & DEC 10

Please call Kathleen McKinnon at 805.440.8834



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!

Please call Ashley Hahn, Mission Hope, SM: 805.346.3402 or Jenni Davis, Mission Hope, AG: 805.474.5303

REACH OUT TO US; WE'RE HERE TO HELP

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
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Mission Hope Cancer Center, Santa Maria Phone Numbers

- FIRST FLOOR:
- Marian Cancer Care805.219.HOPE (4673)
- Marian PET/CT Center 805.346.3470
- Radiation Oncology 805.925.2529
- SECOND FLOOR:
- Marian Breast Imaging Center 805.346.3490
- Mission Hope Surgical Oncology 805.346.3456
- Thomas Bosshardt, MD, FACS, Oncology Surgeon
- Jonathan Tammela, MD, FACOG, Gynecologic Oncologist
- 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 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 Oncology805.474.5310
Mission Hope Infusion Center 805.474.5325 or 805.474.5326



Like us on Facebook:
Mission Hope Cancer Center

EXPLORE YOUR CREATIVITY



Terrie Miley
Facilitator/Instructor

Capture the essence of the season with art!

With Terrie Miley via Virtual/Zoom Meetings

SoulCollage® Project at Home



Friday, December 4 • 1:00 p.m.

An art therapy activity suitable for everyone, SoulCollage® offers a visual way to discover your feelings and inner wisdom. Participants engage in a collage process that promotes healing and self-discovery while encouraging recovery, respite and renewal—a perfect way to discover what is sacred for you during the holidays! No special artistic ability is necessary and materials are provided.

Custom Card Making Class



Friday, December 11 • 1:00 p.m.

Make art to help melt your stress away! Sending holiday cards is a beautiful tradition for sharing the joy of the season. Why not make your own? Join us for a custom card making class to create greeting cards to share with loved ones.

