

# Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

July/August 2021



**Colleen O'Kelly Priddy, MD, FACS**

Breast Surgical Oncologist

**Introducing a Surgical Oncologist who has joined the Cancer Care team at Mission Hope Cancer Center...**

## Colleen O'Kelly Priddy, MD, FACS

- Dr. O'Kelly is Board Certified in General Surgery and subspecializes in Breast Surgical Oncology
- Dr. O'Kelly is a Stanford University Alum and earned her medical degree from University of Nevada School of Medicine. She completed her residency in General Surgery at University of Washington and went on to do a subspecialty fellowship in Surgical Breast Oncology at the University of Southern California
- Dr. O'Kelly received the Muzzy Family Endowed Fellowship in Oncoplastic Surgery Award in 2016 for excellence in oncoplastic surgery, which is a surgical approach to treat breast cancer effectively while leaving the breast appearing as normal as possible afterward

"I believe in compassionate, evidence-based breast cancer care that is tailored to each patient's personal situation and needs."

### What is a Breast Surgical Oncologist?

A breast surgical oncologist is a surgeon who specializes in breast cancer and other diseases of the breast. Breast cancer specialists are highly skilled in their field because they have dedicated their practice to a smaller scope and have completed specialty-specific training called fellowships. The formal training provided by a fellowship ensures that each fellow who graduated is exposed to multidisciplinary aspects of care and advanced research and techniques. With years of training and education focused on breast disease, they have an in-depth knowledge of cancer biology, genetics and the most advanced surgical options to help patients achieve the best possible results and can provide novel and innovative treatments for breast cancer patients.

**Better outcomes for patients with a breast surgery specialist:** Research shows that breast cancer patients who have surgeries performed by physicians who have done a high volume of breast cancer surgeries have a better prognosis than patients of lower volume surgeons. Specialized breast cancer surgeons have dedicated their professional careers to the disease and perform hundreds of breast cancer surgeries every year.

## 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

Kevin Kim, MD  
Medical Oncology/Hematology

Colleen O'Kelly Priddy, MD,  
FACS  
Breast Surgical Oncologist

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

A tribute gift in honor of a caregiver, nurse, doctor, or an entire cancer care team is a special way to say thank you and will further our healing services.

# Helping to Ease the Stress for Local Cancer Patients

**Elisa Ruiz**, a member of the Arroyo Grande Community Hospital Foundation Board, is a mother of eight and a breast cancer survivor. She has consequently found herself and her family often in need of the services at Arroyo Grande Community Hospital and Mission Hope Cancer Center, Arroyo Grande.

Elisa shared, "While these visits are never ideal, the experience has never failed to exceed my expectations. The little considerations the staff take to make the stay more comfortable all add up to a huge relief."

While cancer patients receive most of their care at Mission Hope Cancer Center, it is incredibly important to have a seamless coordination of care with other hospital departments. Many cancer patients commonly need surgery, lab work, or emergent care, which can add to the overwhelming list of challenges these patients face.

However, a caring and skilled staff make all the difference. Elisa explained, "My fight with cancer has put me in the care of the Surgery Department at Arroyo Grande Community Hospital a number of times, but their warm smiles, consistent check-ins and quick feedback always create a very calm, anxiety-free environment."

Arroyo Grande Community Hospital Foundation aims to further ease the stress for cancer patients through the Cancer Care Fund, which provides local cancer patients and survivors with financial and emotional assistance to remove unnecessary stress that could diminish their health. Through the Cancer Care Fund, patients in need can receive gas and grocery gift cards, financial assistance, counseling sessions, support groups, screenings, and transportation. The fund also supports an oncology nurse navigator, social worker, and transportation coordinator to guide each patient from diagnosis throughout recovery and connect them with any resources they need.

**If you would like to help ease the stress for local cancer patients, you can make a gift to support the Cancer Care Fund at [SupportArroyoGrande.org](http://SupportArroyoGrande.org)**



# Hope and Healing for Decades to Come




Become a part of Mission Hope Cancer Center’s legacy by investing in the future of local cancer care and proudly displaying your support on the Cancer Center’s new donor wall.

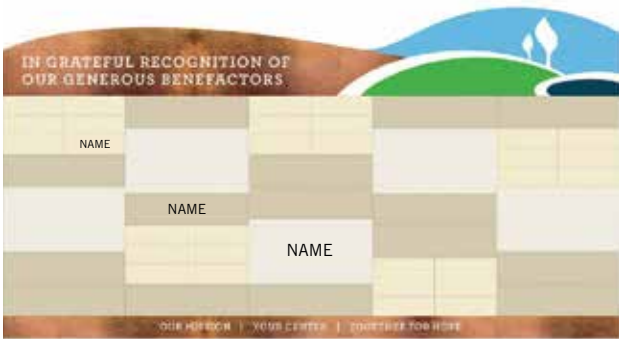
Since 2012, Mission Hope Cancer Center has provided integrative and compassionate care to patients in the Santa Maria Valley and beyond. Now, with a vision of extending our reach of comprehensive care, we celebrate the past decade by honoring our generous community partners—past, present, and future.

We invite all community members, those with a long history of support and those who wish to invest in the future of Mission Hope Cancer Center, to add their family or company name to this special wall of recognition.

## GIVING LEVELS

A lifetime total giving of:

-  **LARGE**  
**\$500k and up**
-  **MEDIUM**  
**Starting at \$250k**
-  **SMALL**  
**Starting at \$50k**



If you are interested in supporting Mission Hope Cancer Center or would like to inquire about being recognized on the commemorative donor wall, please contact the Marian Foundation at (805) 739-3595, or e-mail [cortney.delotto@dignityhealth.org](mailto:cortney.delotto@dignityhealth.org) or [jessa.brooks@dignityhealth.org](mailto:jessa.brooks@dignityhealth.org).



# Get Involved in Day of Hope!



**Wednesday, August 4, 2021**

Please visit [SupportMarianMedical.org/DayofHope](https://SupportMarianMedical.org/DayofHope), where you can register your own fundraising team! You can also choose to be an online Day of Hope fundraiser, or join an existing team.

For more information, please call the Marian Foundation at 805.739.3595

■ (Left) Vanessa Dela Vega and Monica Cortez channeling Rosie the Riveter

■ (Below) Team “We Can Do It” at Day of Hope in 2019

While many things have changed during the pandemic, the cancer care team has never given up hope, and local cancer patients are counting on the support of the community. Year after year, our community continues to inspire and provide generous support to Mission Hope Cancer Center for the family, friends, and neighbors who make Santa Maria special.

Fortunately, it has never been easier to get involved with Day of Hope, so we invite you to get involved today at [SupportMarianMedical.org/DayofHope](https://SupportMarianMedical.org/DayofHope).

## “We Can Do It” for Our Community

When friends **Vanessa Dela Vega** and **Monica Cortez** heard about Day of Hope, they were excited for the opportunity to form a fundraising team to help local cancer patients. Vanessa said, “My parents both raised me to do right by people, and to always thank God for another day. I feel that when you believe in something, you will proudly stand alone—if you had to—just to make a difference. It warms my heart to see our community join as one for this amazing cause to help our cancer patients and families during this difficult time. Just know that whether you donate money or your time, you’re making hope happen!” Monica added, “Not even a pandemic can stop team ‘We Can Do It’ from raising money for our cancer patients. We do this for our wonderful patients in our community.”

## Raising Funds that Stay Here

Santa Maria resident of over 40 years, **Maggi Daane**, explained why she has supported Day of Hope each year since its inception, “In my opinion, Mission Hope is the ‘Jewel of the Central Coast,’ housing all cancer-related services on one campus. I am a ten-year survivor of lung cancer. The doctors and staff at Mission Hope are special angels that ease the treatment of cancer patients with their positive approach, considerate care, and sense of humor. Perhaps the most important motivator for me to participate in Day of Hope: All funds collected stay right here within the Santa Maria Valley, benefiting our patients during their times of hardship. The Santa Maria Valley is one of the most giving communities I know, and I’m proud to be a part of it.”



■ Maggi Daane selling special-edition Day of Hope newsletters

**All proceeds stay local and directly support: Equipment & Technology • Programs & Services • Patient Assistance**

## TRY SOMETHING NEW

Free educational workshop

# Mindfulness Skills for Resilience and Joy

**Presentation by Mick Malotte, MD**

Mindfulness-Based Stress Reduction (MBSR) helps people use their own internal resources to respond more skillfully to stress, physical and psychological conditions. Benefits are seen with just a few minutes of meditation practice each day together with bringing the practice into normal daily activities. Please join us for this special presentation by Dr. Malotte to learn more and discover how to cultivate mindfulness in your daily life. Bring several raisins in a bowl, and a yoga mat or somewhere to lie down for a body scan.



**Wednesday, August 4 • 10:00 a.m.**

**This is a Virtual/Zoom group activity**

**Reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org)**

Art therapy class

## Learn to Paint

**Instruction by Catherine Lemoine, onsite in Arroyo Grande**



**Palm Silhouette**

Creating art is an wonderful way to access a meditative state of mind and the deep healing it brings. Learn from Catherine as she teaches participants the techniques she uses in her paintings using her artwork as models. **All supplies are provided.**

**Wednesdays, July 14, 28  
10:00 a.m. to 12:30 p.m.**

An acrylic painting class of the Palm Silhouette that is fun, and colorful. Learn how to blend your colors to create a beautiful sunset and paint a silhouette of a palm tree on top.

**Wednesdays, August 18, 25 • 10:00 a.m. to 12:30 p.m.**

This acrylic painting class will show how the straight architectural lines of the Dutch Farm Cottage are used versus the flower softness in the garden and foliage. The use of shading is important as well as the colors applied.

**Mission Hope Cancer Center, Arroyo Grande Conference Room  
850 Fair Oaks Avenue, Arroyo Grande**

**Held onsite, the class seating is limited. Reservation required; please call Deanna Patague at 805.346.3400**



**Mick Malotte, MD**  
Certified teacher of MBSR

■ Mick Malotte, MD, is a certified teacher of Mindfulness-Based Stress Reduction, trained through the UCSD's Mindfulness-Based Professional Training Institute.



**Catherine Lemoine**  
Award-winning artist



**Dutch Farm Cottage**



**Melissa Garcia, RN, BSN**

Breast Care and GYN  
Oncology Nurse Navigator

**805.346.3405 (SM)**

## Mission Hope in Santa Maria Welcomes a New Breast Care and GYN Oncology Nurse Navigator... Melissa Garcia, RN, BSN

Melissa Garcia, RN, BSN, was born and raised in the Central Valley, where her backyard was the “gateway to Yosemite national park.” Determined to become a Registered Nurse, she followed her dream and graduated from the College of the Sequoias with her RN degree. Melissa discovered her passion for Oncology and worked as an Oncology Infusion Nurse for 11 years, where she assisted patients from the point of diagnosis through completion of care.

She continued her education and received a bachelor's degree from Fresno Pacific University where she had the opportunity to explore her nursing skills. She immediately started working in the community as a hospice nurse focusing on comfort and quality of life while providing care based on the individual's needs. In addition, she worked over a year specializing in the Surgery department in all phases from admitting, recovering and discharging patients home safely. As an Oncology Nurse Navigator, Melissa will work to coordinate the many aspects of patient care throughout treatment.

Melissa says, “Given the opportunity to be a Nurse Navigator for Mission Hope Cancer Center and relocate to the Central Coast is a dream come true. I am excited to be a part of this team to provide education, advocacy, and most importantly, support to our patients through their cancer journey.”

# *Understanding* Professional Knowledgeable *Caring*

## **Oncology Nurse Navigators**

■ When you or a loved one is facing a cancer diagnosis, these are the words you want to hear about your cancer team. That's exactly what the Oncology Nurse Navigators at Mission Hope Cancer Center deliver to their patients.

Your Oncology Nurse Navigator understands the cancer disease process and helps you “navigate” through services and information, find appropriate medical and social services, and educate you and your family about the entire cancer journey. They collaborate with your multidisciplinary team to allow for timely cancer screening, diagnosis, treatment, and increased supportive care across the cancer continuum. In essence, oncology nurse navigators serve as both patient advocates and patient resource guides as they help each person to overcome barriers to optimal care. The navigation of patients with cancer requires extensive knowledge, specialized skills, and good clinical judgment—all of which can improve outcomes.



# Introducing

## Kiersten Arnaudin, MSW, LCSW

### Santa Maria



**Kiersten Arnaudin, MSW,  
LCSW**

Oncology Social Worker

**805.346.3402 (SM)**

Kiersten Arnaudin, Licensed Clinical Social Worker, joined Mission Hope Cancer Center in 2021. After receiving her Bachelor's Degree in Sociology, Kiersten pursued her Master of Social Work degree, graduating from Salem State University with a special emphasis in health and mental health. She is a native of the Central Coast and has worked in both Santa Barbara and San Luis Obispo Counties since 2012. During this time Kiersten has worked with patients and families facing a broad range of medical and health challenges in diverse settings such as hospitals, skilled nursing facilities and community based agencies.

## Nell Bennett, MSW, LCSW

### Santa Maria and Arroyo Grande



**Nell Bennett, MSW,  
LCSW**

Oncology Social Worker

**805.474.5303 (AG)**

**805.346.3400 (SM)**

Nell completed her Bachelor's Degree in Human Development, with a concentration in Family Studies from Cal Poly San Luis Obispo in 1992. She completed her Master of Social Work at University of Washington, Seattle in 1997, specializing in Health and Mental Health settings. After many years of working in the field of medical social work, hospice, bereavement and family caregiver support programs, she attained her License in Clinical Social Work in 2015. Prior to joining Dignity Health, Nell worked in a private psychotherapy practice, counseling patients adjusting to both unexpected and chronic health challenges. She was trained in Cognitive Behavioral Therapy through the Beck Institute and completed her trauma training via the EMDR Institute. Nell has years of experience helping patients adjust to both unexpected and chronic health challenges.

## A Valuable Resource

Mission Hope Cancer Centers in Santa Maria and Arroyo Grande have social workers available to meet with patients free of charge to assist with a wide range of challenges that people might be facing due to the cancer diagnosis.

Oncology social workers understand the complex emotional issues associated with cancer. They are passionate about helping patients with social, psychosocial, emotional, financial and spiritual issues. For those who need encouragement on their cancer journey, they provide a caring and listening ear.

### SERVICES INCLUDE:

- One-on-one counseling
- Information and referral to community resources
- Facilitation of support groups and educational programs
- Financial and co-pay assistance
- Resources on care and diagnosis

When it comes to brain and spinal care, the unexpected can happen on any day, at any time. Fortunately, Marian Regional Medical Center offers the latest in neurosurgical care under the guidance of two expertly trained neurosurgeons.

# Marian's Expert Neurosurgeons



■ (Above) Marian Regional Medical Center neurosurgeons Matthew Schreckinger, MD (left), and Nicholas Slimack, MD, stand with the StealthStation™ surgical navigation system technology.

The Neurosurgery Program at Marian offers around-the-clock care under the leadership of Nicholas Slimack, MD, and Matthew Schreckinger, MD, two highly regarded neurosurgeons. Dr. Slimack completed a seven-year neurosurgery residency at Northwestern University and completed a fellowship at Cedars-Sinai Medical Center's Spine Center. Dr. Schreckinger also boasts extensive neurological surgery residency training from Wayne State University with advanced spine surgery training. In addition to the expert physicians, the utilization of advanced technology means the program is rapidly growing.

“Having two full-time neurosurgeons creates a situation where there is always availability for very specialized care,” Dr. Slimack offers. “For the most part, patients don’t need to travel out of the area as they once did in the past. The most common neurological conditions that affect our patients can be treated right here at Marian.”

As technology progresses, the need for the securing of advanced life-saving equipment becomes more imperative. Fortunately, the generous community and the philanthropic role of the Marian Regional Medical Center Foundation offers vital support for this program.



“In regards to our cancer program the StealthStation™ provides us with an important, innovative tool to treat primary and metastatic cancerous brain tumors that are hard to reach with conventional surgery.”

—Dr. Schreckinger

### Innovation in the operation room: The StealthStation™

When there is an emergent brain or nervous system need, Marian has sought to equip the operating rooms with the latest technology to ensure that the neuroscience program flourishes. Recently funded through the transfer of \$1.4 million from the Marian Foundation, the StealthStation™ surgical navigation system was secured for the program.

The StealthStation™ provides the latest hardware and software, improving visualization during complex neurosurgery procedures. The equipment integrates a wide array of medical devices, thus creating 3-D tumor models with a touchscreen interface, allowing easy-to-use control.

When asked about the importance of this system, Dr. Schreckinger praised the versatility of this device, relaying, “This equipment is incredibly versatile, and is used in both our brain tumor surgeries and our spine fusion surgeries. What makes

it special is that it allows us to plan our incisions and to accurately localize the brain tumor and place the hardware.”

The StealthStation™ surgical navigation system’s ease allows the entire surgical team not only to work more effectively, but also ensures a less invasive operation for the patient. Through the additional integration of the O-Arm Surgical Imaging System, neurosurgery on the Central Coast is bringing innovation to local patients.

Investing in health care at Marian Regional Medical Center promotes positive patient outcomes, and these will only continue to increase alongside the growth of this vital program. In addition to the latest techniques of Marian’s neurosurgeons, philanthropy has helped advance this program with effective new technologies.

To learn more about the surgical procedures offered by Drs. Slimack and Schreckinger, please call the Dignity Health Santa Maria Specialty Care Center at 805.739.3863.

### Taking aim at cancer

Neurosurgery has also begun to have an impact on the healing work at Mission Hope Cancer Center with the recent introduction of **stereotactic brain radiosurgery (SRS)**. Administered by a neurosurgeon and radiation oncologist, SRS is a focused radiotherapy technique that destroys certain types of brain tumors without the need for surgical removal.



**Jessica Salamacha, BS, CCRC, NRCMA**

Clinical Research Coordinator

■ Jessica has over 10 years of experience in healthcare specializing in clinical research. Her mission is to educate patients about clinical trials and to support oncology patients and their families through their journey to ensure they feel safe and confident in their treatment plan while on a clinical trial.

Many people may not know that clinical trials are the driving force of all advancements and breakthroughs in medicine. Every medication or medical device used has been through rigorous clinical trial testing for years before it hits the market and pharmacy shelves. Here are five reasons why you or those around you want to participate!

## Clinical Trials and You

- 1 Access to the latest treatments.** Many people want to participate because they may receive access to the latest treatments available for their disease.
- 2 Help others.** A large number of our patients who participate in clinical research trials report the great sense of pride they feel knowing that their participation may help many others in the future.
- 3 Feeling like you're needed.** Patients are often not sure how to approach clinical trial participation or they assume they are ineligible or there is nothing for them. This is often untrue. Mission Hope Cancer Center has a robust portfolio of over 100 clinical trials and we are continuously working to ensure all our patients are aware and know this may be an option.
- 4 Advance medicine.** Who doesn't want the opportunity to shout from the rooftops that they were a driving force behind the approval of a new line of therapy or device? We often see our patients sharing with others around them that they are contributing to the advancement of medicine or that they participated in a trial for a now approved medication.
- 5 Robust care.** When you decide to participate in research you get a whole other team of healthcare professionals following your care. This puts many of our patients at ease knowing that so many more are looking out for their health and cheering them on in their journey.

If you or a loved one is interested in learning more about our clinical trials and how you can be a champion to the future of medicine we encourage you to contact our dedicated Clinical Research Coordinator, Jessica Salamacha, BS, CCRC, NRCMA, at 805.346.3462.

### Mission Hope has 100+ clinical trials in progress

Through the Common Spirit Health Research Institute, Mission Hope physicians have access to 122 NCI innovative oncology research trials that are advancing cancer care.

Managing diabetes while undergoing cancer treatments can be a struggle. Let's look at some healthy ways to help manage your diabetes or pre-diabetes. The National Institute of Diabetes and Digestive and Kidney Diseases recommends implementing a sound nutritional plan and an active lifestyle into your daily routine. The plate method is one way to help control your portions and manage proper ratios of the food groups.

# Helping Manage Diabetes Through Nutrition and Exercise

Try these seven steps to get started:

- 1 Using your dinner plate, put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate
- 2 Fill the largest section with non-starchy vegetables such as asparagus, broccoli, bean sprouts, cauliflower, celery, jicama, leeks, mushrooms, peppers or radishes
- 3 Now in one of the small sections, put grains and starchy foods like whole oats, brown rice, whole grain barley, whole rye, quinoa, millet, sorghum or wild rice. When choosing cereals pick those that have at least 3 grams of fiber and less than 6 grams of sugar
- 4 In the other small section, put your proteins like grilled fish, baked chicken or lean cuts of beef or pork. Try some meatless choices like cheeses, tofu, edamame, soy nuts, beans, split peas or black eyed peas
- 5 Add a serving of fruit, a serving of dairy, or both as your meal plan allows
- 6 Choose healthy fats in small amounts. For cooking, use oils. For salads, some healthy additions are nuts, seeds, avocado and vinaigrettes
- 7 To complete your meal, add a low (or no) calorie drink like water or unsweetened tea

Try to limit foods with added sugars or those with refined grains, such as white bread and white rice and simple carbohydrates which are found in fruit juices, milk and sweets. Instead, eat carbohydrates from vegetables, whole fruits, whole grains or beans.

Further benefit can be achieved by adding aerobic and anaerobic exercise to your daily routine to help stabilize your blood sugar throughout the day and help manage your weight. Being overweight or obese is a risk factor for many co-morbidities like diabetes, cancer, heart disease and high blood pressure. Type 1 and Type 2 diabetes have some precautions to be aware of when exercising, so it is advised that you check with your doctor before starting an exercise routine. A certified fitness professional can help you develop a fitness plan to safely exercise on a consistent basis and live a healthy lifestyle.

Whether you have diabetes, pre-diabetes or want to prevent these conditions we are here to help you. We would love for you to attend our Healthy Eating and Active Living (HEAL) classes. Space is limited so please contact John Malinowski Certified Cancer Exercise Trainer at 805.346.3413 or Melanie Logue Clinical Registered Dietitian at 805.346.3403 to reserve your spot.



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

## Did you know?

**Adding aerobic and anaerobic exercise to your daily routine can help stabilize your blood sugars throughout the day and help manage your weight.**

## HEAL: Healthy Eating and Activity for Living Support Group

TUESDAY, AUGUST 10  
2:00 p.m.

**Topic:**  
**Controlling Blood Sugar**

MHCC Conference Room  
1325 East Church Street,  
Santa Maria

**The class seating is limited;  
please register at  
805.219.HOPE (4673)**





**Dustin Stevenson, DO**  
Medical Oncology/  
Hematology

**Mission Hope has the latest in technological innovation designed to help assess three major health conditions: osteoporosis, obesity and cardiovascular disease.**

Osteoporosis is a condition where the bones lose their strength and density. This leads to bones becoming fragile and more likely to break (fracture). There are many causes that can lead to this condition. One contributing factor is the anti-estrogen therapies (Aromatase Inhibitors) breast cancer survivors may be using. Blocking estrogen is a way to reduce the risk of recurrence in women with hormone receptor positive breast cancer. However, estrogen is beneficial in strengthening bones. Because of this, it is important to have an accurate measurement of the bones when starting these therapies as well as every few years after starting.

## Osteoporosis and Cancer Therapy

Bone Mineral Density (BMD) testing otherwise known as Dual-Energy X-Ray Absorptiometry (DEXA) is the most useful and reliable bone density test. It is a special kind of X-ray that gives off very little radiation. DEXA gives reliable measures of bone density in different parts of the body, such as the spine, hip, and wrist. DEXA is the best test to diagnose osteoporosis, predict the chances that you will break a bone, and check how well treatment is working. During the DEXA scan, you lie on a table. Then an X-ray machine scans one of your bones. The test doesn't hurt or make you uncomfortable. The whole process is typically less than 15 minutes. Here at Mission Hope, we have a newly installed system: the Hologic Horizon-W. It provides great image quality and efficiently scans in 10 seconds or less. Along with the ability to measure bone health we now can measure body composition and assess cardiovascular risk. The exams can be performed at Mission Hope Breast Center and Matthew Will Imaging. The systems are identical and aid in the ability to consistently measure changes in density over a period of time.

Based on the results, various measures can

be taken to protect the bones. A healthy, well balanced diet of fruits and vegetables can reduce bone loss. In addition, regular weight bearing exercises can build and strengthen bones. Finally, medications designed to strengthen bones can be used. Osteoporosis in people who have had breast cancer is most commonly treated with a group of drugs called bisphosphonates. This includes zoledronic acid, risedronate, ibandronate or alendronate. Bisphosphonates help strengthen your bones and reduce your risk of fractures. Bisphosphonates may also be prescribed to protect your bones if you're taking an aromatase inhibitor (such as exemestane, letrozole or anastrozole). Denosumab is a drug that may be recommended to reduce the risk of fractures. It is given as an injection twice a year and slows down bone loss in osteoporosis. It's a treatment for postmenopausal women who are unable to take certain bisphosphonates and who have particular fracture risk factors.

For more information about bone density testing or to see one of our radiation oncologists, please contact us at 805.925.2529 or se habla español 805.346.3406.

**Mission Hope Breast Cancer Support Group invites you to attend a free presentation:  
Bone Health with Dustin Stevenson, DO**

**Tuesday, July 20 • 4:00 p.m. • Mission Hope Cancer Center, Santa Maria**

Bone health is especially important for those who have been diagnosed with breast cancer. Dr. Stevenson will be sharing its importance and what you can do to keep your bones healthy.

Although not one of the main three or four cancers we tend to hear about, bladder cancer is actually quite common, especially among men. Every year in the United States, over 83,000 people are diagnosed with a bladder tumor and many of these cancers are related to a personal history of smoking or chemical exposure at work.

## World-Class Bladder Cancer Care Available Locally

The most common symptoms associated with this type of cancer is blood in the urine. This can sometimes be seen after going to the restroom, but many times it is microscopic or only visible when using a microscope at a medical facility or laboratory. Other concerning symptoms include increased number of times someone needs to go the bathroom, increased urge to quickly go to the bathroom and, in more advanced cases, back or bone pain. Having these symptoms does not necessarily mean someone has bladder cancer, but if you notice blood in your urine, it is worth bringing this symptom to the attention of your primary care doctor or a urologist to make sure there is not anything serious happening inside your bladder.

Fortunately, most bladder cancers are not very invasive and usually involve only the surface or first layer of the bladder. For these types of early-stage, superficial bladder tumors, treatments delivered inside the bladder by a urologist are generally the treatment of choice. The type of treatment depends on how deep the bladder tumor has grown and whether the tumor is new or has come back after a prior treatment.

There are more invasive cancers that extend deeper into the layers of the bladder or, in some cases, may have already spread to a lymph node, the lungs, or a bone. These deeper tumors account for about one third of the total bladder cancers each year and can require more intensive treatments. In many cases, this may mean surgery to remove the whole bladder, with or without chemotherapy. While this can be an effective treatment, patients with very good urinary function and

relatively limited disease can talk with their doctors about other treatments where their bladder stays in place. This term is called “bladder preservation” and is part of an overall trend in cancer care where doctors try to keep a patient’s body as intact or normal as possible while still effectively treating the cancer.

In the United States, bladder-preserving therapy has mainly been championed by doctors at Massachusetts General Hospital (MGH), which is one of the medical centers affiliated with Harvard University. For several decades, doctors at MGH have offered many patients who have been diagnosed with a muscle or deeply invasive bladder cancer the option of keeping their bladder by including radiation in the treatment plan. The long-term results of this type of treatment have been impressive: over two-thirds of patients treated with this technique are cancer free at five years. Equally as important as tumor control, over sixty percent of patients who eradicate the cancer report that they have good function of the bladder. Local removal of tumors that grow back or full surgery can still be required in some cases, but many patients are able to keep their natural bladder and urinary function.

The cancer team at Mission Hope Cancer Center is pleased to share with the community that this advanced form of bladder cancer treatment is available here on the Central Coast. If you or a loved one has been diagnosed with a deeply invasive bladder cancer, a consultation with our medical and radiation oncologists may be a helpful part of your cancer journey.



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

**Patients who have been diagnosed with a deeply invasive bladder cancer now have the option of keeping their bladder by including radiation in the treatment plan.**



**Melanie Logue, MS, RD**  
Registered Dietitian  
Nutritionist

### **HEAL: Healthy Eating and Activity for Living Support Group**

TUESDAY, JULY 13  
2:00 p.m.

**Topic:**  
**Summertime Nutrition**

MHCC Conference Room  
1325 East Church Street,  
Santa Maria

**The class seating is limited;  
please register at  
805.219.HOPE (4673)**

Summertime provides some unique nutrition opportunities and challenges when it comes to nutrition. As temperatures rise, we need to pay close attention to our health through eating a balanced diet, replenishing lost fluid and practicing food safety. Continue to consume unprocessed meats during the summer months, when foods such as hot dogs are commonly consumed. Eat vegetables and berries—rich sources of vitamins, minerals, and antioxidants. Switch out refreshing foods that are high in sugar—like ice cream—for frozen yogurt or fresh fruit smoothies.

## **Nutrition Tips and Exercise Options for Summertime**

Hydration during the summer months is very important. Aim for six to eight 8-ounce glasses of fluid daily and replace lost electrolytes with natural sports drinks that are low in sugar. Eat fruits and vegetables with high water content, such as melon, cucumbers, peaches and pineapple. Caffeine can cause dehydration. Replace the coffee, tea and soda with ice water with fresh lemon and fruit.

Also be sure to practice food safety! Bacteria that can cause food poisoning grows quickly in the summer heat. Keep perishable items refrigerated or stored on ice and refrigerate any leftovers within two hours of eating outdoors.

Summer is a great time to be active but it is advised to be outdoors earlier in the day, or after sunset. Wearing light-colored, lightweight clothing will help keep you cool. Having a water bottle on hand will help to keep you hydrated. And of course, do not forget to wear your sunscreen and to reapply often. For more helpful tips, consider joining us for the next Healthy Eating and Activity for Living class where we will discuss strategies for maintaining healthy nutrition this summer. Contact Registered Dietitian Melanie Logue at 805.346.3403 or Cancer Exercise Trainer John Malinowski at 805.346.3413 to be added to the class list.





*Warmer weather may mean more outdoor cookouts. Expand your repertoire to include grilled vegetables as a novel way to turn ordinary vegetables into a tasty treat!*

## Summer Pasta Salad

### INGREDIENTS:

6 ounces rice noodles  
2 medium zucchini,  
cut in half lengthwise  
1 red bell pepper, cut in half,  
seeded  
½ an onion, cut into ½ inch wedges  
1–2 ears of fresh corn, shucked  
(or use frozen, roasted corn)  
Oil, salt and pepper for veggies  
Garnish with cherry tomatoes,  
lime wedges, pepitas, cilantro  
leaves

### Vegan Cilantro Pesto:

1 large bunch cilantro and  
thin stems  
2 garlic cloves  
1–2 tablespoons chopped jalapeno  
(optional)  
½ cup olive oil  
1/3 cup pumpkin seeds (raw)  
½ teaspoon salt  
¼ teaspoon pepper  
½ teaspoon coriander (optional)  
½ teaspoon smoked paprika  
(optional; if you like smoky flavor)  
1 tablespoon lime zest  
2 tablespoons lime juice

### INSTRUCTIONS:

Preheat the grill to medium high, and boil water for the rice noodles.

Prep the vegetables: brush or spray with olive oil, and sprinkle with salt and pepper.

Pour boiling water over the rice noodles. (I put them in a baking dish), let stand for 3 minutes, then drain and rinse with cold water. Set aside.

Place the vegetables on the grill, lower heat to medium, cover, then make the cilantro pesto. Check the vegetables every 5 minutes or so.

Place all the cilantro, garlic and jalapeño in a food processor and pulse repeatedly until finely chopped. Add the remaining ingredients, pulse until combined but not too smooth. You should have a fairly loose (runny) pesto—perfect for tossing the salad.

Once the vegetables are cooked to your liking, cut into bite-sized pieces. Drain pasta and place in a bowl. Add the cilantro pesto, the vegetables, and an additional ½ teaspoon salt. Adjust lime, salt and heat according to your taste preference.

Place on a serving platter or in a bowl, top with halved cherry tomatoes and cilantro leaves.



Grilled vegetables amp up the flavor of this pasta salad



Heidi Lee, L.Ac, DiplAc.,  
MSTCM

Restore balance to the mind and body

## Auricular Acupuncture

Appointments with Heidi Lee, L.Ac, DiplAc., MSTCM

*Did you know? The ear has over 200 acupuncture points on it!*

**Mondays, July 26 and August 23 • 3:00 p.m.**

**Mission Hope Cancer Center, Santa Maria**

1325 East Church Street, Santa Maria

**Limited appointments available. Please call to register at 805.346.3400**

**Mondays, July 26 and August 23 • 1:00 p.m.**

**Mission Hope Cancer Center, Arroyo Grande**

850 Fair Oaks Avenue, Arroyo Grande

**Limited appointments available. Please call to register at 805.474.5300**

Acupuncture has been used to relieve a wide variety of symptoms associated with cancer treatment, including:

- Cancer-related fatigue
- Chemotherapy-induced nausea
- Pain
- Depression and anxiety
- Other treatment side-effects



■ The ancient healing system of acupuncture is a popular treatment for common health complaints including anxiety, pain, insomnia and more. It is often included in complimentary care programs and clinics associated with cancer centers for side-effects and immunity. The ear has over 200 acupuncture points on it. Auricular acupuncture is commonly used for group settings; and the participants find it to be effective and relaxing. Join in to enjoy the group feeling, and share the meditative calmness that is commonly achieved. Also, when time allows, sessions will include a brief talk on acupressure and other health topics for self-care from the field of Chinese Medicine.

## Breast Cancer Support Groups

**Starting in July: Via Zoom on the first Tuesday of the month and in person on the third Tuesday of the month**

Breast cancer support groups create unique opportunities to connect with other women going through similar things.

Many women who have been diagnosed with breast cancer have found joining a support group can help them manage the wide range of feelings and fears they experience during and after their cancer treatment. In a support group you can meet other women who are at various stages of the disease—including some who had it 10 or 15 years ago and are living happy, healthy lives. Knowing long-term survivors can help you to realize there is hope and you shouldn't presume your destiny. Meeting other women who are at your stage can give you a sense of comradeship with people who understand what's happening to you because it's also happening to them. Indeed, you might want to look into a group even before your treatment begins.



**Tuesdays, July 6 and August 3 • 4:00 p.m.**

Held virtually. Please call Mission Hope at 805.474.5302 to register

**Tuesdays, July 20\* and August 17 • 4:00 p.m.**

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

**\*Join us on July 20 for a special presentation with Dustin Stevenson, DO, as he discusses the topic of bone health for women**

Held onsite, class seating is limited.

Please call Mission Hope at 805.474.5302 to register and reserve your spot



***Held onsite  
and virtually***

SESSIONS LED BY OUR  
KNOWLEDGEABLE  
FACILITATORS:

**Kiersten Arnaudin, MSW,  
LCSW,**

Oncology Social Worker

**Nell Bennett, MSW, LCSW,**

Oncology Social Worker

**Carol Dichmann, RN, BSN,**

Oncology Nurse Navigator

**Melissa Garcia, RN, BSN,**

Breast Care and GYN Oncology  
Nurse Navigator

*Mission Hope is pleased to announce a new support group*

## Metastatic Breast Cancer Support Group

**Starting in July: Via Zoom on the first Wednesday of the month and in person on the third Wednesday of the month**



**Wednesdays, July 7 and August 4 • 10:00 a.m.**

Held virtually. Please call Mission Hope at 805.346.3402 to register

**Wednesdays, July 21 and August 18 • 10:00 a.m.**

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

Held onsite, class seating is limited. Please call 805.346.3402 to reserve your spot

Metastatic breast cancer support groups help the patient stay connected during an experience that can feel isolating. Although both support groups are equally needed, the metastatic patient is having to deal with a “no cure” label. Of course, there is still treatment available that can help extend the life span, and strategies to employ to maintain quality of life.





**BACK BY POPULAR DEMAND!**

## **Discussion Group for Men with Cancer**

**Many men find that sharing their experiences with fellow patients who can empathize along with the guidance of experienced professionals helps them manage their stress and figure out solutions to problems.**

Facilitated by Kiersten Arnaudin, LCSW, these meetings provide a relaxed forum to discuss issues, exchange information, share concerns and get answers. On occasion, meetings feature educational presentations given by qualified speakers. This group meeting is designed to benefit men at any stage of the cancer journey, including male family members and caregivers.

**Fridays, July 23 and August 27 • 8:00 a.m.**

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

**Held onsite, class seating is limited.**

**Please call Mission Hope at 805.346.3402 to register and reserve your spot**

## **Grupo de Discusión para Hombres con Cáncer**

**Con Hector Rodriguez, promotor de salud, especializado en oncología**

La reunión es una buena oportunidad para discutir temas de interés personal, intercambiar información, obtener respuestas y compartir inquietudes. El grupo esta designado para los hombres que han sido recientemente diagnosticados con cáncer, aquellos que están experimentando actualmente tratamiento o hayan acabado con sus tratamientos. Tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer y asi como el cuidado de su salud.

**Martes, 6 de Julio y 3 de Agosto • 9:00 a.m.**

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

**Para más información y/o reservas, favor de llamar a Hector al 805.346.3406**

For the latest information, please visit our website: [www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)

Para obtener la información más reciente, visite nuestro sitio web:  
[www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)

Aquatic Therapy is Back!

# Water Fitness for Cancer Survivors

After a long hiatus, we are elated to now be able to offer our popular and rehabilitating Aquatic Exercise Class at Allan Hancock College as a valuable component of our Cancer Rehab Program.

**Fridays, beginning August 20 and 27, 2021**

**Allan Hancock College**

800 South College Drive, Santa Maria

**To get started, please schedule your fitness assessment and reserve your spot in the class. Contact John Malinowski at 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande).**

Exercise in a pool is inherently different than on land because of the water's properties. It offers buoyancy and the water supports us, assists movement and causes resistance, which is when strengthening occurs. As part of an exercise regimen, the water fitness program works to decrease body fat, increase lean body mass, increase cardiovascular fitness, increase range of motion (especially with the chest and shoulders), prevent lymphedema, decrease stress, and provides a whole body workout. Treatment goals include reducing the pain by breaking the pain-spasm-pain cycle through the relaxing effects of the water and creating a sense of "whole" body again. Fatigue is a common result of the disease and side effect of some treatments. Water exercise allows you to do more than you can on land, therefore increasing your energy level and stamina. Even if your range of motion, strength, and endurance may be at a level you are happy with, water exercise is a great way to maintain your level of fitness. One of the often overlooked elements to a water fitness program is the ability to interact with others and find support and

connection to others who have similar experiences with cancer.

Our cancer water program is structured like many water programs, but there is a significant focus on strengthening the chest, shoulder and back muscles. A typical class might include a 10-minute warm-up that involves walking in waist-to chest-deep water and utilizing a variety of progressive hand/arm movements. Concentration is given to basic breathing throughout. You will next work through a variety of stretches, jogging and/or walking within the pool, with a dedicated focus on your weakened muscles. Stretching and cool-down include external and internal arm rotation, shoulder flexion and abduction, followed by lower body stretches.

Additionally, we use the whole person approach—involving body, mind and spirit—because the whole person is affected by thoughts and emotions such as denial, pain, fear, restricted range of motion, fatigue, loneliness and depression. Therefore, the classes end with a focus on centering and mindfulness, asking each participant to release the stresses of their day.



## Benefits of Aquatic Therapy

- Improves range of motion
- Increases muscular strength and core stabilization
- Enhances oxygen and caloric consumption
- Works balance and coordination
- General relaxation
- Joint flexibility
- Promotes circulation
- Pain reduction
- Joint distraction or unloading
- Athletic enhancement

# July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Welcome back! We are pleased to offer even more classes and support groups.</b></p> <p>Some classes and events are still being offered virtually while others are onsite at various locations and some are a combination.</p> <p>Please call with questions or to reserve your spot at either in person or Zoom meetings.</p> <p>SM: 805.219.HOPE (4673) • AG: 805.474.5300</p>			<p><b>1</b></p> <p>Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)</p> <p> Caregiver Support Group 5:30 pm</p> <p> Living with Cancer Support Group 6:00 pm</p>	<p><b>2</b></p> <p>Fight Against Falls Class (SM)</p>
<p><b>5</b></p>  <p>Office closed</p>	<p><b>6</b></p> <p>Lymphedema Prevention Exercise (SM)</p> <p>Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am</p> <p> Breast Cancer Support Group 4:00 pm/5:45 pm</p>	<p><b>7</b></p> <p> Metastatic Breast Cancer Support Group 10:00 am</p> <p> Guided Meditation 5:00 pm</p>	<p><b>8</b></p> <p>Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)</p>	<p><b>9</b></p> <p>Fight Against Falls Class (SM) Pelvic Floor Strengthening Class for Men (SM)</p>
<p><b>12</b></p> <p> Energy Balancing 11:00 am</p> <p>Knitting Group (SM) 2:00 pm</p> <p> Yoga 5:00 pm</p>	<p><b>13</b></p> <p>Lymphedema Prevention Exercise (SM)</p> <p>HEAL Class (SM) 2:00 pm</p> <p> Apoyo y Educación Para Personas con Cáncer 5:30 pm</p>	<p><b>14</b></p> <p>Learn Golf</p> <p>Art Therapy–Painting (AG) 10:00 am</p> <p> All Blood Cancers Support Group 1:00 pm</p> <p> Capacitar 3:00 pm</p>	<p><b>15</b></p> <p>Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)</p> <p> Caregiver Support Group 5:30 pm</p> <p> Living with Cancer Support Group 6:00 pm</p>	<p><b>16</b></p> <p>Fight Against Falls Class (SM)</p>
<p><b>19</b></p> <p>Knitting Group (SM) 2:00 pm</p> <p> Prostate Cancer Support Group 6:30 pm</p>	<p><b>20</b></p> <p>Lymphedema Prevention Exercise (SM)</p> <p> Pilates 9:00 am</p> <p>Breast Cancer Support Group (SM) 4:00 pm</p> <p><b>Guest speaker:</b> <b>Dustin Stevenson, DO</b></p> <p> Breast Cancer Support Group 5:45 pm</p>	<p><b>21</b></p> <p>Metastatic Breast Cancer Support Group (SM) 10:00 am</p>	<p><b>22</b></p> <p>Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)</p>	<p><b>23</b></p> <p>Fight Against Falls Class (SM) Pelvic Floor Strengthening Class for Men (SM) Men's Cancer Support Group (SM) 8:00 am</p>
<p><b>26</b></p> <p> Energy Balancing 11:00 am</p> <p>Acupuncture (AG) 1:00 pm</p> <p>Knitting Group (SM) 2:00 pm</p> <p>Acupuncture (SM) 3:00 pm</p>	<p><b>27</b></p> <p>Energy Balancing (SM) Lymphedema Prevention Exercise (SM)</p> <p>Apoyo y Educación para Personas con Cáncer (SM) 9:00 am</p> <p> Apoyo y Educación Para Personas con Cáncer 5:30 pm</p>	<p><b>28</b></p> <p>Learn Golf</p> <p>Art Therapy–Painting (AG) 10:00 am</p> <p> Family Caregiver Support Group 1:00 pm</p>	<p><b>29</b></p> <p>Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)</p>	<p><b>30</b></p> <p>Fight Against Falls Class (SM)</p>

# August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Knitting Group (SM) 2:00 pm Yoga 5:00 pm	<b>3</b> Lymphedema Prevention Exercise (SM) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am Breast Cancer Support Group 4:00 pm/5:45 pm	<b>4</b> Metastatic Breast Cancer Support Group 10:00 am <b>PRESENTATION:</b> <b>Mindfulness Skills 10:00 am</b> Guided Meditation 5:00 pm	<b>5</b> Gentle Yoga (AG) Pilates for Survivors (AG) TRX Workouts (AG) Caregiver Support Group 5:30 pm Living with Cancer Support Group 6:00 pm	<b>6</b>
<b>9</b> Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	<b>10</b> Lymphedema Prevention Exercise (SM) HEAL Class (SM) 2:00 pm Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>11</b> Learn Golf All Blood Cancers Support Group 1:00 pm Capacitar 3:00 pm	<b>12</b> Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	<b>13</b> Fight Against Falls Class (SM) Pelvic Floor Strengthening Class for Men (SM) Soul Collage (SM) 1:00 pm
<b>16</b> Knitting Group (SM) 2:00 pm Prostate Cancer Support Group 6:30 pm	<b>17</b> Lymphedema Prevention Exercise (SM) Pilates 9:00 am SPOHNC, Santa Maria 3:30 pm Breast Cancer Support Group (SM) 4:00 pm Breast Cancer Support Group 5:45 pm	<b>18</b> Art Therapy–Painting (AG) 10:00 am Metastatic Breast Cancer Support Group (SM) 10:00 am <b>PRESENTATION (SM):</b> <b>Confident Caregiving 3:00 pm</b>	<b>19</b> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG) Caregiver Support Group 5:30 pm Living with Cancer Support Group 6:00 pm	<b>20</b> Aquatic Exercise Class (AHC) Fight Against Falls Class (SM)
<b>23</b> Energy Balancing 11:00 am Acupuncture (AG) 1:00 pm Knitting Group (SM) 2:00 pm Acupuncture (SM) 3:00 pm	<b>24</b> Energy Balancing (SM) Lymphedema Prevention Exercise (SM) Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>25</b> Learn Golf Art Therapy–Painting (AG) 10:00 am Family Caregiver Support Group 1:00 pm	<b>26</b> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	<b>27</b> Aquatic Exercise Class (AHC) Fight Against Falls Class (SM) Pelvic Floor Strengthening Class for Men (SM) Men's Cancer Support Group (SM) 8:00 am
<b>30</b> Knitting Group (SM) 2:00 pm	<b>31</b> Lymphedema Prevention Exercise (SM) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am	<b>Key to locations of activities:</b> Please note that some of the classes we offer are transitioning to meeting in person at one of our facilities, and some will remain virtual on Zoom. =Zoom presentation AG=Mission Hope, Arroyo Grande HCRC=Hearst Cancer Resource Center, San Luis Obispo SM=Santa Maria (Mission Hope, Santa Maria or Marian Health & Wellness)		



## EVENT LOCATIONS

### SANTA MARIA (SM)

Allan Hancock College  
800 South College Drive

#### MHCC–SM

Mission Hope Cancer Center  
1325 East Church Street

#### MHW

Marian Health & Wellness Center  
1207 East Main Street

### ARROYO GRANDE (AG)

#### MHCC–AG

Mission Hope Cancer Center, AG  
850 Fair Oaks Avenue, Third Floor

### SAN LUIS OBISPO (SLO)

#### HCRC

Hearst Cancer Resource Center  
1941 Johnson Avenue, Suite 201

As events open up after recent closures, more classes are being held in person while some remain virtual. For each class, please note either the location or the icon:



Virtual/Zoom Meeting

### Getting Started at Mission Hope Patient Orientation Class

Get to know Mission Hope—our programs and services.

#### 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

#### Hearst Cancer Resource Center, SLO

By phone; please call for details:  
805.542.6234 (English) or  
805.786.6130 (Español)

### Spanish Groups • En Español:

#### Apoyo y Educación para Personas con Cáncer

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

#### Mission Hope Cancer Center, SM

JUL 27 & AUG 31; 9:00 AM

Favor de llamar a Hector Rodriguez al  
805.346.3406 para una cita

JUL 13, 27 & AUG 10, 24; 5:30 PM



Virtual/Zoom Meeting

Llame a Eloisa al 805.786.6130

#### Aquatic Therapy Class

Exercising in water reduces the  
impact on joints by 50% and the  
properties of water allow you to do  
more than you can on land. Benefits  
include more range of motion, joint  
flexibility and pain reduction. (See  
page 19 for more information.)

#### Allan Hancock College, SM

AUG 20, 27

Reservation and assessment required;  
call John Malinowski at 805.346.3413

#### Art Therapy Class

Art workshop using varied art  
materials and techniques to help  
boost creative expression. The next  
few months learn from Catherine  
as she teaches participants the  
techniques she uses in her paintings  
showing her work as models.

#### Mission Hope Cancer Center, AG

JUL 14, 28; 10:00 AM  
Palm Silhouette

AUG 18, 25; 10:00 AM

Dutch Farm Cottage

Acrylic painting class with instructor  
Catherine Lemoine

#### Held onsite, the class seating is limited.

Reservation required; please call  
Deanna Patague at 805.346.3400

### ✿ Auricular Acupuncture

The ear has over 200 acupuncture  
points on it! Auricular acupuncture  
is a popular treatment for health  
complaints including anxiety, pain,  
and insomnia.

#### Mission Hope Cancer Center, SM

JUL 26 & AUG 23; 3:00 PM

Reservation required; call 805.346.3400

#### Mission Hope Cancer Center, AG

JUL 26 & AUG 23; 1:00 PM

Reservation required; call 805.474.5300

### Breast Cancer Support Groups

Women gather to share valuable  
information and resources to  
manage the challenges a breast  
cancer diagnosis can bring. *See  
page 24 for our new Metastatic  
Breast Cancer Support Group.*

#### Mission Hope Cancer Center, SM

JUL 20\* & AUG 17; 4:00 PM

\*Presentation: Bone Health with  
Dustin Stevenson, DO

Reservation required; call 805.346.3400

JUL 6 & AUG 3; 4:00 PM



Virtual/Zoom Meeting

For more information, please contact  
Mission Hope at 805.474.5302

JUL 6, 20 & AUG 3, 17; 5:45 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234

### Cancer Rehabilitation

A 12-week program which  
includes group strengthening and  
aquatic exercise. 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

#### Mission Hope Cancer Center, AG

Reservation and assessment required;  
call John Malinowski at 805.346.3413

✿ NEW CLASSES

## ✿Capacitar Classes

Capacitar teaches simple practices to help manage stress, boost your immune system, and minimize fear and anxiety. Learn techniques such as acupressure, breath work, tai chi, emotional freedom technique, hand mudras, and much more.

JUL 14 & AUG 11; 3:00 PM



**Virtual/Zoom Meeting**

Reservation required; call 805.346.3400

## Caregiver Support

A forum for people to share their concerns and offer helpful strategies and support.

JUL 1, 15 & AUG 5, 19; 5:30 PM



**Virtual/Zoom Meeting**

For more information, please call HCRC at 805.542.6234

## Energy Balancing

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

**Marian Health & Wellness Center, SM**  
JUL 27 & AUG 24

**Mission Hope Cancer Center, AG**  
JUL 8 & AUG 12

Reservation and assessment required; call Deanna Patague at 805.346.3400

JUL 12, 26 & AUG 9, 23; 11:00 AM



**Virtual/Zoom Meeting**

Please call HCRC at 805.542.6234



**Need to get out of the house? Onsite exercise classes now available. Call us to get started.**

## Nutritional Counseling Available

We are here to help with specific dietary issues—such as dry mouth or difficulty swallowing—before, during, or after treatment. Schedule your one-on-one consultation with a Registered Dietitian today!

**Mission Hope Cancer Center, Santa Maria**

RESERVATION REQUIRED; PLEASE CALL 805.346.3403

**Mission Hope Cancer Center, Arroyo Grande**

RESERVATION REQUIRED; PLEASE CALL 805.474.5304

**Hearst Cancer Resource Center, San Luis Obispo**

RESERVATION REQUIRED; PLEASE CALL 805.542.6234



## ✿Family Caregiver Support Group

Join us to find out what to expect if you become a caregiver for a person with cancer, and get practical tips for making sure that you take care of yourself as well. Our support group offers a safe place to explore the emotional aspects of cancer by providing a safe place to share and work through feelings and challenges.

JUL 28 & AUG 25; 1:00 PM



**Virtual/Zoom Meeting**

Reservation required; call 805.346.3400

## Fight Against Falls Exercise Class

Participants gain 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 2, 9, 16, 23, 30 &  
AUG 13, 20, 27

Reservation and assessment required; call John Malinowski at 805.346.3413

**Mission Hope Cancer Center, AG**

JUL 1, 8, 15, 22, 29 &  
AUG 12, 19, 26

Reservation and assessment required; call John Malinowski at 805.474.5334

## Grupo de Apoyo Para Hombres con Cáncer

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

**Mission Hope Cancer Center, SM**  
JUL 6 & AUG 3; 9:00 AM

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

## Guided Meditation Class

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

JUL 7 & AUG 4; 5:00 PM



**Virtual/Zoom Meeting**

For more information, please call HCRC at 805.542.6234

## HEAL: Healthy Eating and Activity for Living

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

**Mission Hope Cancer Center, SM**  
JUL 13; 2:00 PM

Topic: Summertime Nutrition

AUG 10; 2:00 PM

Topic: Controlling Blood Sugar

Please register for these meetings by calling John Malinowski at 805.346.3413

## Intuitive Collage

Using colorful pictures, meaningful words and phrases that appeal to you in a personal way, you will explore ideas and dreams. Your collage will speak, inspire and motivate you in creative ways.

### Hearst Cancer Resource Center, SLO

JUL 8, AUG 12; 2:00 PM &

JUL 22, AUG 26; 5:30 PM

Please call 805.542.6234 for details

## 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

JUL 14, 28 & AUG 11, 25

By appointment: please call John Malinowski at 805.346.3413. A fitness assessment is required before attending

## Living with Cancer General Support Group

Informal meeting provides information for patients newly diagnosed or recently out of treatment.

JUL 1, 15 & AUG 5, 19; 6:00 PM



### Virtual/Zoom Meeting

For more information, please call HCRC at 805.542.6234

## Look Good Feel Better Live!

Free workshops to help patients mitigate the appearance-related issues of cancer treatments. Topics include skincare and makeup (cosmetic kit included) and wigs/head coverings. New class offers wardrobe tips to help manage concerns such as infusion ports, mastectomy and reconstruction, and other physical changes.



### Virtual/Zoom Meeting

For more information, please call Deanna Patague at 805.219.HOPE (4673)

### ¡DISPONIBLE EN ESPAÑOL!

Favor de llamar para una cita a Hector Rodriguez al 805.346.3406

## Lymphedema Evaluation

### Hearst Cancer Resource Center, SLO

Contact Jamie Cinotto, DPT, CWS, CLT-LANA, ONC, for an evaluation: 805.782.9300

## Lymphedema Prevention Exercise

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

### Marian Health & Wellness Center, SM

JUL 6, 13, 20, 27 &

AUG 3, 10, 17, 24, 31

Reservation and assessment required; call John Malinowski at 805.346.3413

### Mission Hope Cancer Center, AG

JUL 1, 8, 15, 22, 29 &

AUG 12, 19, 26

Reservation and assessment required; call John Malinowski at 805.474.5334

## 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.

JUL 14 & AUG 11; 1:00 PM



### Virtual/Zoom Meeting

Please call HCRC at 805.542.6234

## Men's Cancer Discussion Group

This group provides a relaxed forum for men to discuss issues, exchange information and get answers to their concerns. Many men find that sharing their experiences with fellow patients who can empathize along with the guidance of experienced professionals helps them manage their stress and figure out solutions to problems.

### Mission Hope Cancer Center, SM

JUL 23 & AUG 27; 8:00 AM

**Held onsite, the class seating is limited.**

Reservation required; please call Kiersten Arnaudin at 805.346.3402

## Metastatic Breast Cancer Support Group

The metastatic cancer patient is having to deal with a "no cure" label but there is still treatment available that can help extend the life span, while staying connected and maintaining quality of life.

JUL 7 & AUG 4; 10:00 AM



### Virtual/Zoom Meeting

For more information, please contact Mission Hope at 805.346.3402

### Mission Hope Cancer Center, SM

JUL 21 & AUG 18; 10:00 AM

**Held onsite, the class seating is limited.**

Reservation required; please call Kiersten Arnaudin at 805.346.3402

## Pelvic Floor Strengthening for Men with Prostate Cancer

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

### Marian Health & Wellness Center, SM

JUL 9, 23 & AUG 13, 27

By appointment: please call John Malinowski at 805.346.3413. A fitness assessment is required before attending

## Pilates for Survivors

Certified instructor Julie Coleman is trained to modify moves to a cancer survivor's needs. Pilates is a wonderful tool to find strength and stability again. Combat fatigue, connect to your breath, strengthen core muscles, and create a firm foundation.

### Mission Hope Cancer Center, AG

JUL 1, 8, 15, 22, 29 &

AUG 5, 12, 19, 26

**Held onsite, the class size is limited.**

Please call John Malinowski at 805.474.5334 to reserve a spot. A fitness assessment is required before attending

JUL 20 & AUG 17; 9:00 AM



### Virtual/Zoom Meeting

Please call HCRC at 805.542.6234

■ **Please note:** Some classes will transition back to our buildings but with reduced capacity. **Reserve your spot early!**

### Prostate Cancer Support Group

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

JUL 19 & AUG 16; 6:30 PM



#### Virtual/Zoom Meeting

Please call HCRC at 805.542.6234

### Qigong Class

Now offered weekly. Involves repetitive, flowing movements coordinated with deep-breathing which increase energy and improves health, balance, flexibility and stamina.

#### Hearst Cancer Resource Center, SLO

Please call 805.542.6234 for details

### Soul Collage

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

#### Mission Hope Cancer Center, SM

AUG 13; 1:00 PM

To register, call 805.219.HOPE (4673); class seating is limited

### 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.

AUG 17; 3:30 PM



#### Virtual/Zoom Meeting

To register, call 805.219.HOPE (4673)

### Support for Pediatric Oncology Patients and their Families

Virtual support groups are available in English and Spanish for children, teens and parents.



#### Virtual/Zoom Meeting

Please call 805.219.HOPE (4673) or Hector Rodriguez at 805.346.3406 (Spanish) for details

### Surfing For Hope

This program provides a safe, fun environment utilizing the healing energy of the beach and ocean to help children and teens deal with the stress of a family member with cancer. This program is so popular they have added new dates just for adult cancer survivors. Meets at the Sea Crest Hotel in Pismo Beach. Visit [surfingforhope.org](http://surfingforhope.org) for details.

### Tai Chi Chih

Increase energy and improve health, balance, flexibility and stamina.

#### Hearst Cancer Resource Center, SLO

Please call 805.542.6234 for details

### TRX Workouts

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

#### Mission Hope Cancer Center, AG

JUL 1, 8, 15, 22, 29 &  
AUG 5, 12, 19, 26

Please call John Malinowski at 805.474.5334 to reserve a spot. A fitness assessment is required before attending

### Patient, survivor or caregiver: you are invited!

The classes at Mission Hope are designed to be of benefit to current patients, survivors and their caregivers. Mission Hope patients are welcome to attend events at any venue. For the most current information, please check out our website:

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

### Warm Yarns Knitting and Crocheting Support Group

Friends and caregivers at all experience levels are welcome to join. Instructions, needles and yarn are provided.

#### Mission Hope Cancer Center, SM

JUL 12, 19, 26 & AUG 2, 9, 16, 23, 30; 2:00 PM

Please call 805.346.3400 to register

### Yoga for Cancer Patients and Survivors

This **Gentle Yoga** class features slower paced movements focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

#### Mission Hope Cancer Center, AG

JUL 1, 8, 15, 22, 29 &  
AUG 5, 12, 19, 26

Please call John Malinowski at 805.474.5334 to reserve a spot. A fitness assessment is required before attending

JUL 12 & AUG 2; 5:00 PM



#### Virtual/Zoom Meeting

Please call HCRC at 805.542.6234



**Ready to jump in?  
More classes and  
groups available.**

#### ★ Look for these new classes!

- Aquatic Therapy Class
- Auricular Acupuncture
- Capacitar Classes
- Family Caregiver Support Group
- Metastatic Breast Cancer Support Group
- Men's Cancer Discussion Group

★ NEW CLASSES



Mission Hope Cancer Center, Santa Maria

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

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Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:  
Marian Cancer Care .....805.219.HOPE (4673)  
Marian PET/CT Center ..... 805.346.3470  
Radiation Oncology ..... 805.925.2529  
  
SECOND FLOOR:  
Mission Hope Breast Imaging Center ..... 805.346.3490  
Mission Hope Surgical Oncology ..... 805.346.3456  
Colleen O’Kelly Priddy, MD, FACS, Breast Surgical Oncologist  
Jonathan Tammela, MD, FACOG, Gynecologic Oncologist  
  
THIRD FLOOR:  
Medical Oncology .....805.349.9393  
Mission Hope Infusion Center ..... 805.346.3419  
Mission Hope Lab (Office hours: 7:30 a.m. to 4:30 p.m.) ..... 805.346.3480

Dignity Health Central Coast

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Mission Hope Cancer Center, Arroyo Grande

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of San Luis Obispo

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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 or 805.474.5326



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

## FREE COMMUNITY PRESENTATION



# Confident Caregiving

**Presenters: Kiersten Arnaudin MSW, LCSW, and Nell Bennett, MSW, LCSW**

**Wednesday, August 18 • 3:00 p.m.**

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

**Held onsite, class seating is limited. To register, please call 805.346.3400**

### Are you the primary support person for a loved one undergoing cancer treatment?

Whether we're prepared or not, caring for a family member during their cancer journey can often feel overwhelming. More than one in five Americans are currently acting as an unpaid caregiver for a loved one. As caregivers often neglect their own health while prioritizing the needs of the cancer patient, it's important to be aware that there is help available specifically for caregivers.

Mission Hope's Licensed Clinical Social Workers Kiersten Arnaudin and Nell Bennett will be hosting a special presentation for those caring for loved ones. Learning strategies to cope with the unique stressors caregivers face can increase your confidence and facilitate overall well-being. Caregivers will be guided through an activity to help them better identify and expand their support system. Practical ideas about how to develop a personalized caregiving plan and access local resources will be offered. Critical strategies for prioritizing self-care will also be presented. Please join us!

