

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

September/October 2021

Ladies! You are invited to attend our eleventh annual

Girls Night Out

Please join us to learn from our expert medical panel of **Wei Bai, MD**, **Colleen O'Kelly Priddy, MD, FACS**, **Jonathan Tammela, MD, FACOG**, and **Ben Wilkinson, MD, FACRO**, as they lead a discussion about Breast and GYN Oncology. Get your questions answered in our popular interactive session.

EVENT HIGHLIGHTS:

Gourmet Hors d'Oeuvres Prepared by Chef Rick

Babé Farms Showcases Romanesco: Taste Tests and Simple Recipes

Raffle Giveaway throughout Evening

Thursday, October 28, 2021 • 5:00 p.m.

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



Wei Bai, MD
Medical Oncology/
Hematology



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



Jonathan Tammela, MD, FACOG
Gynecologic
Oncology



Ben Wilkinson, MD, FACRO
Radiation Oncology

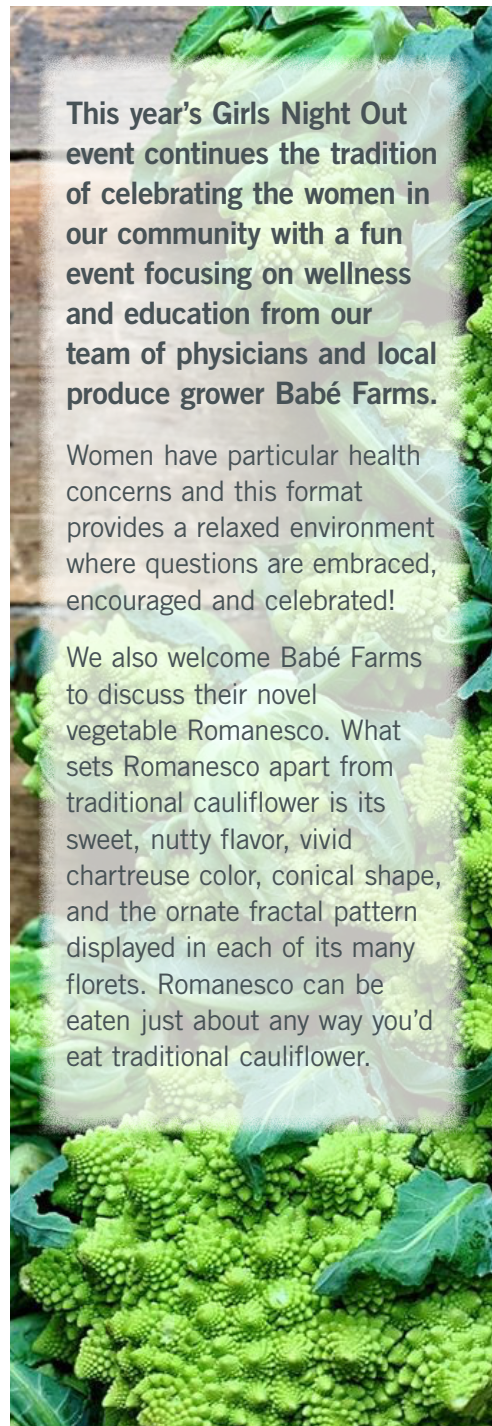
Seating is limited for this special event; please call Mission Hope now to register at 805.219.HOPE (4673). This popular event fills up quickly.

All participants will receive a vegetable box from Babé Farms!

This year's Girls Night Out event continues the tradition of celebrating the women in our community with a fun event focusing on wellness and education from our team of physicians and local produce grower Babé Farms.

Women have particular health concerns and this format provides a relaxed environment where questions are embraced, encouraged and celebrated!

We also welcome Babé Farms to discuss their novel vegetable Romanesco. What sets Romanesco apart from traditional cauliflower is its sweet, nutty flavor, vivid chartreuse color, conical shape, and the ornate fractal pattern displayed in each of its many florets. Romanesco can be eaten just about any way you'd eat traditional cauliflower.



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 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



Make a Difference During Breast Cancer Awareness Month



Each fall season, amid Breast Cancer Awareness Month, the community focuses its efforts on making a difference for all local cancer patients. This year, cancer programs are relying on the community more than ever, as the COVID-19 pandemic has negatively impacted cancer-related support.

For the Bows Up for Hope campaign, community members are invited to purchase pink bows and tie them around mailboxes, trees, front porches or other locations to turn the community pink. All proceeds benefit the Cancer Care Fund. Last year, the campaign, organized by the Trilogy Service Club at Monarch Dunes, raised \$24,000!

The Cypress Ridge community also has an impressive impact on cancer programs during their annual Cypress Ridge Campaign for Cancer Awareness, which raised nearly \$7,000 last year!

These are some of the wonderful programs offered at Mission Hope Cancer Center, Arroyo Grande that are funded by community support:

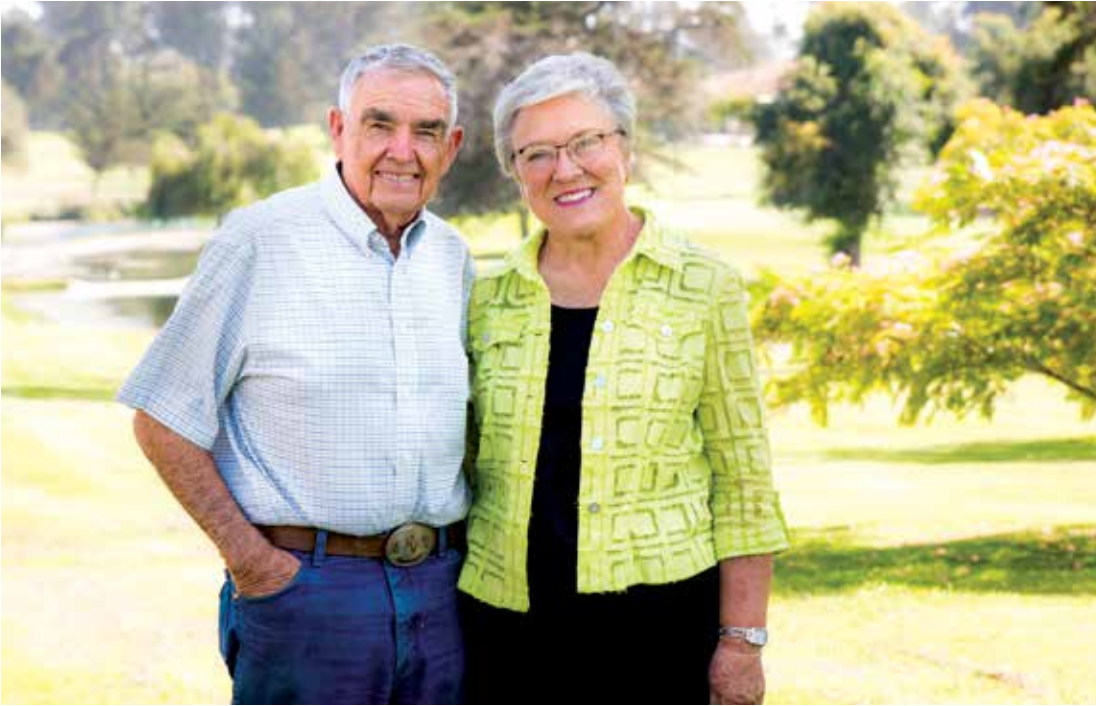
- **Cancer Care Fund**—provides local cancer patients and survivors with the financial and emotional assistance they need to help remove unnecessary stress that could diminish their health
- **Cancer Rehabilitation Program**—a structured and personalized 12-week exercise and nutrition program that helps cancer patients safely implement healthy 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 Cancer Center, Arroyo Grande



If you would like to join in supporting local cancer patients this year, you can make a gift online at SupportArroyoGrande.org or call the Foundation at 805.994.5421

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

Meet John and Barbara Eggert



John is a patient of Case Ketting, MD, radiation oncologist at Mission Hope Cancer Center, and is grateful for the competent and cheerful care he has received.

Both John and Barbara have been patients at Marian Regional Medical Center, and John is a patient of Case Ketting, MD, radiation oncologist at Mission Hope Cancer Center. The Eggerts are forever grateful for the many dedicated physicians, nurses, therapists and staff who have so competently and cheerfully been there for their medical needs.

“To anyone planning the disbursement of their estate, we encourage a serious consideration of our leading health care facilities, Marian and Mission Hope.”

As they planned their family trust, giving back to the community was of utmost importance to John and Barbara. Through their legacy of generosity, they hope to aid in the growth and development of Marian Regional Medical Center and Mission Hope Cancer Center, as they are an integral part of Santa Maria’s future.

John and Barbara are proud to join the Marian Regional Medical Center Foundation’s Legacy Society, which consists of donors who have left a legacy by establishing an estate gift to benefit the programs and services of Marian.

It’s important to let the Marian Foundation know if you have included Marian in your plans—or wish to do so—in order for our organization to welcome you as a Legacy Society member, and understand how you’d like your gift to be used. For more information about joining Marian’s Legacy Society, please contact the Marian Foundation at 805.739.3595.

Spreading Hope Throughout Santa Maria



Day of Hope 2021 raised more than \$241,000 (and counting) for local cancer patients in need!



The eighth annual **Day of Hope** event, benefiting local cancer patients at Mission Cancer Center, was once again a tremendous success and delivered **hope** unlike any other year. On August 4, 2021, community volunteers sold the *Santa Maria Times* Special Edition Day of Hope newspaper at more than 30 locations throughout Santa Maria Valley. In addition, the Day of Hope Car Parade was led by the 2021 Ambassador Karissa Sanchez and parade sponsors Pacific Petroleum and Cruzin' for Life. After spreading **hope** throughout Santa Maria, car parade participants were cheered on by employees, physicians and volunteers of Marian Regional Medical Center, as well as cancer survivors along the final stretch of the parade route at East

Church Street and Mission Hope Cancer Center. Despite the COVID-19 pandemic, the Day of Hope 2021 event was a triumph and was conducted outdoors with safety and wellness in mind.

Thanks to the kindness and generosity across the community through event sponsors, Day of Hope teams once again selling newspapers at street intersections, a community car parade, and a dramatic increase in online donations, as of August 12 the Day of Hope 2021 event goal of \$235,000 has been surpassed, and **more than \$241,000** (and counting) has been raised for local cancer patients in need at Mission Hope Cancer Center!

On behalf of the physicians, nurses, support staff, volunteers, and patients at Mission Hope Cancer Center, we thank you for your support of Day of Hope.

To learn more about this year's Day of Hope 2021 or how to get involved next year, please visit www.supportmarianmedical.org/dayofhope or call 805.739.3595.

Camo Classic Masters the Long Shot!

After the 2020 golf tournament was canceled, The Swiss Bar made quite a comeback hosting their annual Camo Classic at the Rancho Maria Golf Course on June 26, 2021. The **Camo Classic Golf Tournament** has traditionally grown every year, as golfers enjoy food, drinks, and prizes while supporting a great cause. More than **\$67,085 was raised** for cancer patients at Mission Hope Cancer Center, thanks to the event's sponsors, golfers, donors, and diners. Many thanks to the event organizers **George and Ande Manos** (pictured at right), event sponsors, participants, and everyone who supported this popular event!



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

ADVANCED TREATMENTS FOR CANCER

One of the common questions that cancer doctors are often asked is, “When will we finally find a cure for cancer?” The answer to this question is difficult and complex because the disease that we are all fighting is equally difficult and complex. This answer also changes over time because the information we know about most cancers also changes the longer we study them. There are, however, exciting developments in cancer care to share.

A Growing Light at the End of the Research Tunnel

Most people think of cancer as a single diagnosis, but we have learned over the past several years that there are many subtypes of cancer, even in the same general area of the body. For example, how a cancer behaves (and thus how easy or hard it is to cure it) depends not only on the underlying cell type, but also its location in the body, how large the original tumor size is, how aggressive it looks under the microscope, its genetic backgrounds, and whether nearby lymph nodes are involved.

One of the very promising lights at the end of the tunnel appears to be the advances that are being made by adding immunotherapy to common regimens we use for various cancers. This type of treatment, which is different than chemotherapy, helps the body use our own immune system to identify cancer cells and clear them from the body. One of the first large steps forward in using these treatments was seen in patients with lung cancer that had not yet spread to other parts of the body. The PACIFIC trial was first published at the end of 2017 which showed that patients who received immunotherapy after radiation and chemotherapy for Stage III lung cancer had disease control and survival almost twice as long as patients who were treated with radiation and chemotherapy alone. When current patients or rotating students ask about exciting developments in cancer care, the PACIFIC trial is one of the accomplishments in oncology that we like to highlight.

And now we have even better news to share: earlier this year a new study was published which shows that immunotherapy works in another disease site! The CHECKMATE 577 clinical trial tested the same concept of adding immunotherapy after conventional treatment in patients diagnosed with cancer of the esophagus. After radiation and chemotherapy, patients with residual disease seen at the time of surgery that were treated with immunotherapy had their disease controlled for twice as long. While the first study might have been considered only limited or initial evidence, this second study now gives many of us hope that further advances using immunotherapy together with established treatments may be possible for cancers in other parts of the body.

Mission Hope is home to many advanced treatments for cancer, including immunotherapy. Ask your doctor about how immunotherapy is being combined with other treatments such as chemotherapy and radiation to boost responses for local patients.



Case Ketting, MD
Radiation Oncology



Ben Wilkinson, MD, FACRO
Radiation Oncology

Immunotherapy helps the body use its own immune system to identify cancer cells and clear them from the body.

Free educational workshop:

Clinical Trials at Mission Hope

Join **Jessica Salamacha, BS, CCRC, NRCMA**, Clinical Research Coordinator, online as she discusses the vital role clinical trials play in the development of medications and medical products worldwide.



Wednesday, October 20 • 2:00 p.m.

To register for this Zoom meeting, please call 805.346.3462



Samuel B. Kieley, MD
Urologic Oncology

In 2020 prostate cancer was the most common cancer diagnosis and second leading cause of cancer death among American men with approximately 190,000 new diagnoses and over 33,000 deaths. This equates to a one in nine lifetime risk of getting prostate cancer and a one in forty risk of dying from it. Fortunately, the risk of death has declined between 1993 and 2016 by 51% thanks to screening for prostate cancer.

Prostate Cancer Updates

Prostate cancer screening includes both a prostate exam and a PSA blood test. The combination of these two tests offers improved diagnostic accuracy compared to either alone. The current guidelines recommend screening to begin after a discussion of the risks and benefits with your primary care physician or urologist. The age to start screening is 45 for most men, but those with a family history, genetic predisposition or African ancestry should start at age 40. Screening should continue every one to two years until age 75, or older in select patients. If an abnormality is noted, then an MRI is often ordered. By using MRI, patients are able to avoid prostate biopsy almost 30% of the time and to improve diagnostic accuracy if the biopsy is needed.

Treatment of prostate cancer varies between active surveillance (monitoring the cancer), radiation, surgery and systemic treatment. In general, the treatment options are based on the pre-treatment risk stratification. For most men with very low and low risk cancer active surveillance is the preferred option. If treatment is required, then using the latest techniques in radiation therapy or robotic surgery help to maximize the benefit and reduce the risk. Many new systemic therapies are available to help men with disease that has advanced to the lymph nodes and bones. One key to these advancements has been the progression of genetic testing and the ability to proceed with more targeted therapy. Another development has been the FDA approval of the PSMA PET scan which allows for very accurate imaging of advanced prostate cancer. This test can be beneficial in men with advanced or recurrent prostate cancer.

We have made progress with prostate cancer screening, staging and treatment. The most important part of the process is a commitment to start screening. In September, we are glad to celebrate prostate cancer awareness month as a chance to raise awareness and start a discussion about this common and treatable disease.

Mission Hope Cancer Center is pleased to offer

Free Prostate Cancer Screenings

This simple procedure for men ages 50-69 without health coverage includes a blood test and an exam by a doctor. Participants must register in advance.

Saturday, September 25 • 9:00 to 11:00 a.m.

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

To register, please call 805.219.HOPE (4673) o 805.346.3406 (español)

Prostate cancer is the #1 cancer in men in the United States.

Why Join a Men's Cancer Discussion Group?

Discussion groups form a community of people with a similar diagnosis or challenge who gather together to share knowledge, encouragement, and emotional support. Many men find that sharing their experiences with fellow patients along with the guidance of an experienced professional helps them learn about new ways to manage the stresses of a cancer diagnosis.

Like many support groups, a local men's cancer discussion group provides an opportunity to get answers and share concerns in a non-judgmental environment. Not only will you have the opportunity to connect and learn from others' experiences, you'll also feel good about the support you provide to others just by showing up!

Some of the topics that are likely to be discussed could be tips about dealing with treatment side effects, or suggestions for resources and providers related to treatment. This information can promote feelings of empowerment to face your diagnosis and your treatment. Joining a discussion group can also have a positive impact on your mental health in numerous ways, which is essential to surviving and thriving with cancer. Many participants report that they feel a reduction in depression and anxiety after attending. You may learn new coping skills and tools necessary to deal with stress and to better adjust to your ever-changing situation. Discussion groups are also a great way to build camaraderie and instant community with other men walking the same journey.

Experience a group setting for yourself...

Men's Cancer Discussion Group

In honor of Prostate Cancer Awareness month, the meeting for September will feature a special presentation regarding Radiation Oncology and prostate cancer treatment.

Friday, September 24 • 8:00 to 9:00 a.m.

Guest speaker: Ben Wilkinson, MD, FACRO

Friday, October 22 • 8:00 to 9:00 a.m.

Open discussion led by Kiersten Arnaudin, MSW, LCSW

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

Held onsite, class seating is limited. To register for either meeting, please call 805.219.HOPE (4673)



**Kiersten Arnaudin, MSW,
LCSW**

Oncology Social Worker

805.346.3402 (SM)

Men's Cancer Discussion Group at Mission Hope

Facilitated by Kiersten Arnaudin, MSW, LCSW, Oncology Social Worker, the Men's Discussion Group meets the fourth Friday of the month from 8:00 to 9:00 a.m. in the Conference Room at the Mission Hope Cancer Center in Santa Maria. This group meeting is designed to benefit men at any stage of the cancer journey and we encourage male cancer patients, survivors, family members and caregivers to attend. Seating is limited; please call 805.219.HOPE (4673) to reserve your spot today.



Kevin Kim, MD
Medical Oncology/
Hematology

Leukemia is cancer of the body's blood-forming tissues, including the bone marrow and the lymphatic system. In people with leukemia, the bone marrow produces an excessive amount of abnormal white blood cells, which don't function properly. Treatment for leukemia can be complex but there are strategies and resources that can help make the treatment successful.

Treatment Options for Chronic Lymphocytic Leukemia

Not every patient with CLL needs treatment. If the patient has no symptoms or abnormal blood count other than elevated WBC, the oncologist may simply elect to monitor the patient.

Chronic lymphocytic leukemia (CLL) is a common cancer of the bone marrow. It accounts for about 30% of all leukemias in the United States. It affects men more often than women, and it mostly affects older adults with the median age at diagnosis of 70. Many patients are diagnosed when they are found to have elevated white blood cells (WBC) on their blood test. It is common for patients to not have any symptoms at diagnosis. When patients do have symptoms, it can be fever, drenching night sweats, weight loss or extreme fatigue. These symptoms are called "B" symptoms. They may also have enlarged lymph nodes in their neck, armpit or groin. A blood test may reveal anemia (low red blood cells) or thrombocytopenia (low platelets). Diagnosis is confirmed with a special blood test called flow cytometry. An oncologist may also elect to obtain a lymph node biopsy or a bone marrow biopsy. If the disease is predominantly involving the lymph nodes, it is called small lymphocytic lymphoma (SLL). CLL and SLL are essentially the same disease and are managed in the same way.

Not every patient with CLL needs treatment. If the patient has no symptoms or abnormal blood count other than elevated WBC or markedly enlarged lymph nodes, then the oncologist may simply elect to monitor the patient. Many of these patients can live a normal life without ever requiring treatment.

Some patients with CLL do need treatment. Indications for treatment include presence of "B" symptoms, markedly enlarged lymph nodes or significantly abnormal blood counts. Treatments have historically been intravenous chemotherapy, such as fludarabine, cyclophosphamide and doxorubicin. Recent advances in oncology have greatly expanded treatment options for CLL, including non-chemotherapy, oral medications. An oncologist can obtain specialized molecular testing, which can help determine prognosis and predict which treatment will provide the best outcome. The vast majority of patients who require treatment respond well to these treatments and go into remission, either complete or partial. However, remission is never permanent and patients often need a different treatment when their disease relapses.

Fortunately oncologists now have a full armamentarium of drugs to treat CLL. There is also continued progress in the development of immunotherapy, such as chimeric antigen receptor T cell (CAR-T) therapy. CLL/SLL is a common bone marrow cancer that affects older adults. It is an indolent disease that often does not require treatment. For patients who need treatment, there are many effective treatments available.

A gynecologic oncologist is a physician who specializes in diagnosing and treating cancers located in a woman's reproductive organs. Gynecologic oncologists have not only completed a four year obstetrics and gynecology residency like a general OB/GYN, but have also pursued three to four additional years of subspecialty training through a gynecologic oncology fellowship. During this fellowship, they perform intensive training about surgical, chemotherapeutic, radiation, and research techniques that are important to providing the best care for gynecologic cancers. Physicians who complete this training then take both the Obstetrics and Gynecology board exam and also the Gynecologic Oncology board exam.



**Jonathan Tammela,
MD, FACOG**
Gynecologic Oncology

The Gynecologic Oncologist: The Captain of a Woman's Gynecologic Cancer Care Team

What are some symptoms women should watch for?

Signs and symptoms of **endometrial cancer** can include:

- Vaginal bleeding after menopause
- Bleeding between periods
- Constant pelvic pain

Signs and symptoms of **ovarian cancer** can include:

- Abdominal bloating or swelling
- Quickly feeling full when eating
- Weight loss
- Pelvic discomfort
- Chronic changes in bowel habits
- Frequent urination

Early-stage cervical cancer generally produces no signs or symptoms. Signs and symptoms of **more-advanced cervical cancer** include:

- Vaginal bleeding after intercourse, between periods or after menopause
- Watery, bloody vaginal discharge
- Pelvic pain or pain during intercourse

Signs and symptoms of **vulvar cancer** may include:

- Itching that doesn't go away
- Bleeding from an area on the vulva

- Skin changes, such as color changes or thickening
- A persistent painful lump or bump or an open sore

Early vaginal cancer may not cause any signs and symptoms. **As it progresses, vaginal cancer** may cause signs and symptoms such as:

- Unusual vaginal bleeding, for example, after intercourse or after menopause
- Watery vaginal discharge
- A lump or mass
- Painful urination
- Frequent urination
- Constipation
- Constant pelvic pain

When is the right time to see your gynecologist?

A yearly exam is recommended, which may or may not include a PAP test depending on your age and history. When any of the above symptoms are noted—especially when progressive or worsening over two to four weeks—it's important to schedule an appointment. Depending on the results of that evaluation and work up, a referral to a gynecologic oncologist may be appropriate.

A gynecologic oncologist has received intensive training to provide the best care for gynecologic cancers.



Loving Partners May be Key to Breast Cancer Survivors' Health

A little romance may go a long way toward helping breast cancer survivors thrive.

New research showed that a strong romantic relationship wasn't the cure-all, but it was linked to lower psychological stress and lower inflammation, which is a key to staying healthy. It's important for survivors, when they're going through this uncertain time, to feel comfortable with their partners and feel cared for and understood, and also for their partners to feel comfortable and share their own concerns. Studies suggest that this close partnership can boost their bond as a couple and also promote survivors' health even during a very stressful time, when they're dealing with cancer.

For the study, recently published in the journal *Psychoneuroendocrinology*, 139 female breast cancer survivors, average age 55, completed questionnaires and gave blood samples. One survey assessed relationship satisfaction. The other questionnaire evaluated their level of psychological stress. Researchers analyzed blood samples for levels of proteins that aid inflammation. Inflammation is linked to heart disease, type 2 diabetes, arthritis and Alzheimer's disease, among other conditions.

The more satisfied women felt about their romantic relationships, the lower their stress and inflammation, the researchers found. Although the findings related to breast cancer survivors, researchers believe a strong romantic relationship would be helpful to people with other serious illnesses by lowering their stress.

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 range of feelings and fears they experience during and after their cancer treatment while gaining valuable information.

Both groups held alternately on-site in Santa Maria and over Zoom

Breast Cancer Support Groups

General Breast Cancer Group



Tuesdays, September 7 and October 5 • 4:00 p.m.

Held virtually. Please call Mission Hope at 805.474.5303 to register

Tuesdays, September 21 and October 19 • 4:00 p.m.

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

Held onsite, class seating is limited. Please call Mission Hope to register at 805.474.5303 and reserve your spot

Metastatic Breast Cancer Group



Wednesdays, September 1 and October 6 • 10:00 a.m.

Held virtually. Please call Mission Hope at 805.346.3402 to register

Wednesdays, September 15 and October 20 • 10:00 a.m.

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

Held onsite, class seating is limited. Please call Mission Hope to register at 805.346.3402 and reserve your spot

Mindfulness, meditation and survivorship education can help young breast cancer survivors overcome depression and other problems, a new study indicates. About 20% of breast cancer cases occur in women younger than 50, many of whom face significant struggles. For women in their 30s and 40s, the experience with breast cancer and its treatments is substantially different from that of older women. These women often require more aggressive therapy that can be both disruptive and disfiguring, which can cause high levels of distress, putting them at an increased risk for the negative effects of cancer diagnosis and treatment.

Study: Mindfulness Helps Young Women After Breast Cancer

The researchers developed two six-week group behavioral interventions to help reduce depression, stress, fatigue and sleep problems in younger breast cancer patients. One program provided instruction in using **mindfulness** to deal with difficult thoughts and emotions, manage pain and cultivate loving kindness. The second program focused on **survivorship education** and covered topics including: quality of life and medical management after breast cancer, relationships and work-life balance, sexual health, and physical activity.

To assess the programs, the researchers enrolled 247 women who were diagnosed at age 50 or younger with early-stage breast cancer, completed treatment between six months and five years earlier, and had at least mild depressive symptoms. Women in the mindfulness meditation group had significant reductions in depressive symptoms immediately after

the program, and at three and six months later. The rate of clinical depression in the group fell from 50% before the program to 30% over the follow-up period. This group also had long-lasting, significant decreases in fatigue severity, sleep disturbance and hot flashes.

Women in the survivorship education group also had significant reductions in depressive symptoms immediately after the program and three months later, but didn't have significant changes in fatigue, sleep disturbance and hot flashes. The study was presented at the virtual San Antonio Breast Cancer Symposium. Such research is considered preliminary until published in a peer-reviewed journal.

Younger breast cancer survivors are in need of targeted, effective programs to help manage stress, depression, and other residual side effects of diagnosis and treatment.

Mindfulness-Based Stress Reduction (MBSR) helps people use their own internal resources to respond more skillfully to stress, physical and psychological conditions.

Women in the mindfulness meditation group had significant reductions in depressive symptoms immediately after the program, and at three and six months later.



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

Breast Surgical Oncologist
Director, Breast Care
Program

Not all breast symptoms mean cancer. A woman should know what's normal for her in order to notice any changes that should be reported to her doctor.

A significant number of women report that the first sign of their breast cancer was a new breast lump they discovered on their own. For this reason, doctors recommend that women be familiar with the normal consistency of their breasts. A self-exam for breast awareness is an inspection of your breasts that you do yourself; you use your eyes and hands to determine if there are any changes to the look and feel of your breasts. Below we'll discuss what to look for and what to do about what you find.

Breast Self-Awareness

Breast self-exams can be intimidating—sometimes it feels like our breasts are entirely made of lumps and bumps! It can be hard to understand what you're really looking for with a self exam. The good news is that lumpy breasts are actually normal, and what is most important is that you are able to identify if something changes from your normal (lumpy!) baseline. This is why we now encourage breast self-awareness at all times in your cycle. The specific things that breast surgeons look for are:

- Skin changes (thickening, redness, texture change like an orange peel)
- New or different lumps (that feel different than the rest of your breast tissue or that you haven't noticed before)
- Nipple discharge (clear or bloody discharge from a single duct is more concerning than milky or green discharge from both sides—yes, nipple discharge can be green!)
- Changes in the shape or contour of your breast; e.g., are any areas bulging out or puckering in? Did your nipple used to be an outie but now it's an innie?

You don't need to do a formal, regimented exam. This isn't supposed to be difficult or scary. We recommend simply paying attention to what your breasts normally feel like while you're in the shower, and look at yourself in the mirror occasionally with

arms down and arms raised. The goal is for overall awareness of your breasts and what your baseline is, so you can identify changes if they occur. And remember, most of these things can have very benign causes, too. Not all breast symptoms mean cancer.

With any changes or concerns that don't go away, though, call your doctor to make an appointment. If you're worried, we are too—and the sooner you get it worked up, the sooner you can either get reassurance that everything is okay or get treatment started. The earlier we catch breast cancer and start treatment, the better! Early detection really does save lives, so don't forget to get your screening mammograms starting at age 40 and continue every year for average-risk women. If you have a family history of breast or ovarian cancer, a prior history of "precancerous" or "atypical" cells on breast biopsy, or a known breast cancer-associated genetic mutation, you may qualify for high-risk screening through the Breast Center at Mission Hope.

Please call the Breast Care Program at Mission Hope Surgical Oncology at 805.346.3456 with your questions or concerns. Our caring and expert professionals are ready to surround you with the support you need. Patients receive the latest treatment offerings, all while remaining close to home.

As a breast cancer patient/survivor, you probably know the role nutrition and exercise play in your long term survival and quality of life. You may have received suggestions from family or friends regarding food and exercise. Below are some common myths regarding breast cancer, nutrition, and exercise.

Breast Cancer Myths

Myth 1: You should avoid sugars because cancer feeds on sugar.

The fact is, all our cells feed on glucose, the basic building block in carbohydrates. While it's best to limit simple sugars and consume mostly complex carbohydrates, an occasional sweet treat can fit into your healthy meal plan.

Myth 2: You should not eat soy because it contains estrogen.

Actually, soy found in tofu, edamame, tempeh, and soy milk contain isoflavones, which bind to estrogen receptors. Research suggests that isoflavones may decrease the risk of breast cancer and the likelihood that estrogen-triggered cell growth will occur.

Myth 3: You shouldn't lift weights after having breast surgery.

You should avoid lifting heavy weights or engaging in strenuous activities until you have been cleared by your surgeon. However, the American College of Sports Medicine actually recommends two or three days a week of supervised, progressive resistance exercise to reduce the risk of lymphedema.

For more information about these and other common myths regarding nutrition and exercise, please come to our Healthy Eating and Activities for Living (HEAL) class on Tuesday, October 12 at Mission Hope in Santa Maria. Please contact John Malinowski at 805.346.3413 or Melanie Logue at 805.346.3403 to reserve your spot.

Mission Hope Welcomes a New Oncology Nurse Navigator

Gianna Scarano, BSN, BA, RN, OCN

Gianna "Gia" Scarano, BSN, BA, RN, OCN, was born and raised in New England but has recently relocated to Mission Hope from Huntsman Cancer Hospital in Utah. She has experience working in different oncology settings such as outpatient clinic, inpatient bedside nursing, as well as ICU nursing. She has a big picture view of the journey that many cancer patients have to endure. Gia had previously worked in women's health and discovered her love for oncology patients when assisting with fertility preservation. She is a member of the Oncology Nursing Society and stays current with the rapidly evolving field of oncology medicine. As a newcomer to the Central Coast, she is discovering the many resources available to patients and their families. When not working, you can find Gia looking at rocks and shells on the beach with her dog, Harlan Pepper. Gia will be assisting patients in both Santa Maria and Arroyo Grande locations.



**Gianna Scarano, BSN,
BA, RN, OCN**

Oncology Nurse Navigator

**805.346.3441 (SM)
805.474.5302 (AG)**



Melanie Logue, MS, RD
Registered Dietitian
Nutritionist

HEAL: Healthy Eating and Activity for Living Support Group

TUESDAY, SEPTEMBER 14
2:00 p.m.

Topic:
Transitioning to a Healthy Lifestyle after Treatment with Diet and Exercise

TUESDAY, OCTOBER 12
2:00 p.m.

Topic:
Busting Nutrition and Exercise Myths for Breast Cancer

MHCC Conference Room
1325 East Church Street,
Santa Maria

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

After cancer treatment, it is normal to want to start new and make healthy changes in both diet and exercise. However, with all of the information available out there, it can be confusing knowing which foods to eat, which foods to avoid, and what exercises to do. We are here to help.

Transitioning to a Healthy Lifestyle after Treatment

For cancer survivors, it is recommended to follow an overall plant-based diet that focuses on fruits, vegetables, lean proteins, and healthy fats. Aim to include proteins, carbohydrates, and fats at each meal in order to feel full and satisfied. Doing this, paired with frequent meals throughout the day, can also help you improve your energy levels, which in turn can help you increase your physical activity. This way of eating can also help you achieve and maintain a healthy weight. Furthermore, focusing on adding fruits and vegetables—as well as variety of different foods—will give you the most nutritional benefit, antioxidants, and anti-inflammatory foods, which may help to reduce your risk of reoccurrence.

Finding balance after treatment is essential. If you are having difficulty finding balance with your overall eating pattern and meals, it can help to start by making one to two weekly goals for yourself that focus on behavioral changes. For instance, a good goal would be to consume one serving of vegetables for lunch and dinner. Another goal could be trying a balanced snack containing a protein and carbohydrate every week night.

Remember that all foods can fit into a healthy eating pattern and lifestyle. It is easy to feel fearful of certain foods after treatment as we are trying to improve our health. Rather than trying to completely cut out processed foods or foods with added

sugars, for example, find more-nutritious swap outs or include them every now and then. This could mean trying chia pudding with toppings for a dessert rather than having an ice cream sundae, or having a reasonable portion of ice cream. The ultimate goal is to eat nutritious foods often, while still enjoying foods that you love.

Side effects from cancer and cancer treatment, such as fatigue or difficulty sleeping, can keep you from being active. If you have been inactive for a long time, start with 10 minutes of walking a day and build up. Add exercise to your everyday activities and chores by walking to the store, taking the stairs, or parking farther away from an entrance. Exercise while doing other activities, such as watching television or listening to music. Find an exercise partner or group that provides friendly support. If you are experiencing fatigue, exercise when you have the most energy. Remember every little bit of activity counts!

If you have questions or would like help implementing these suggestions, consider joining us for the next Healthy Eating and Activity for Living (HEAL) class. Please 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. Upcoming HEAL class topics held in Santa Maria listed in the sidebar.

This three-ingredient chia pudding is creamy, satisfying and loaded with protein, fiber and healthy fats. Makes for a perfect snack or quick breakfast!

Easy Chia Pudding

INGREDIENTS:

- 3-4 Tablespoons chia seeds
- 1 cup milk or milk alternative (such as almond milk)
- 1/2 Tablespoon maple syrup, honey or sweetener of choice
- 1/4 teaspoon vanilla, optional
- Toppings of choice: fresh berries or other fruit, granola, nut butter, etc.

Prep Time: 10 minutes



INSTRUCTIONS:

- 1 Mix:** In a bowl or Mason jar, stir together chia seeds, milk, maple syrup and vanilla, if using. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
- 2 Give it time to set:** Once the chia pudding mixture is well combined, let it sit for five minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" for 1-2 hours or overnight. The chia pudding should be nice and thick, not too liquid. If it's not thick enough, just add more chia seeds (about 1 Tablespoon), stir and refrigerate for another 30 minutes or so.
- 3 How to store:** Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.

With the basic recipe of chia seeds and any kind of milk, you can customize with your favorite fruits and spices

NUTRITION:

Serving: 1 cup

Calories: 271 kcal Carbohydrates: 26g Protein: 10g Fat: 16g Saturated Fat: 1g
Polyunsaturated Fat: 11g Sodium: 248mg Fiber: 16g Sugar: 6g



John Malinowski, ATC, CET
Cancer Rehabilitation Program

*New exercise
class!*

Is circuit training right for me?

Participants will receive thorough direction and motivation to complete each class along with modifying the intensity level to fit your needs.

A fitness assessment and medical release are required before attending. Please call John Malinowski at 805.346.3413 to get started.

New Circuit Training Class on Wednesdays starting in September

Circuit training is a great way to add more exercise to your existing routine or give yourself a new challenge! Whether you are trying to lose some weight, increase your strength or just be able to feel more energy, this class can help you reach your goals.

Shake Up Your Fitness Routine!

Circuit training has been a popular form of exercise since it was developed by R.E. Morgan and G.T. Anderson in 1953 at the University of Leeds in England. This form of exercise involves both aerobic and anaerobic exercises done in a circuit, one exercise after another. It targets strength building and muscular endurance. When performing the exercises with minimal rest between each exercise our aerobic capacity is challenged thereby increasing our aerobic fitness. A typical class will consist of 6-10 different exercises done three or more times per workout. Typically this type of exercise is performed at a moderate to high intensity. One way to keep the intensity high is to intersperse the resistance exercises with aerobic exercises. This will lead to increased calorie expenditure and potentially increased weight loss. This class, however, will modify the intensity level to fit your needs. Each participant will be instructed on the proper form of each exercise prior to the start of each class. Participants can expect to receive thorough direction and motivation to complete each class. The class will end with a cool down of stretching all the muscle groups that were targeted during the class along with some deep breathing techniques to help relieve any stress you may feel that day.

A fitness assessment and medical release are required for this class. Please call John Malinowski at 805.346.3413 for more information on this efficient and fun way to build body conditioning and to schedule your fitness assessment today.

The benefit of attending a cancer rehabilitation program

Ease Cancer Therapy Problems

Sixty-nine organizations worldwide recommend cancer rehabilitation for problems like pain, swelling, fatigue, and mental fog that interfere with everyday life for 60 percent of people during and after cancer treatment. But, a recent review found that only **two to nine percent of people get this cancer rehabilitation**. They miss out on the potential benefits and continue to struggle needlessly with debilitating symptoms. Don't let this be you! The Cancer Rehabilitation Program at Mission Hope is tailored for each individual and will work with you to develop your personal fitness goals and provide you with the knowledge, guidance, and motivation to reach your goals.

Please call John at 805.346.3413 and he will work with your oncologist or surgeon to get you enrolled into our Cancer Rehabilitation program located in both Arroyo Grande and Santa Maria.

Family Caregiver Support Group

Caregivers are called upon to balance their careers and family needs while making sure their loved ones are getting to appointments and treatments. If you find yourself in the caregiver role, Mission Hope has support for you.

Join us to find out how to respond to your new role as a caregiver for a person with cancer. Group members share practical tips for making sure that you can take care of both your loved one and yourself—all while building camaraderie with fellow family caregivers.

While you might not have control over your loved one's cancer journey, you do have control over how you decide to face this season of life. Joining a caregiver support group is a great way to expand your support and resource networks during this often unexpected challenge. You will discover helpful strategies to cope with the unique, cancer-related stressors family caregivers face and increase your confidence to facilitate overall better well-being for yourself. Anyone serving as the primary support person for someone with cancer is encouraged to attend.

SESSIONS LED BY OUR KNOWLEDGEABLE FACILITATORS:

Kiersten Arnaudin, MSW, LCSW, Oncology Social Worker

Nell Bennett, MSW, LCSW, Oncology Social Worker

MISSION HOPE CANCER CENTER, SANTA MARIA

Wednesday, September 22 • 1:00 p.m.

1325 East Church Street, Santa Maria

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, October 27 • 1:00 p.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Seating is limited and reservations are required.

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

For the latest information on classes and events, please visit our website:

www.missionhopecancercenter.com

Para obtener la información más reciente, visite nuestro sitio web:

www.missionhopecancercenter.com



Head and Neck Cancer (HNC), from the View of a Speech-Language Pathologist

Head and neck cancer-related treatments, including surgery and radiation, can have significant short- and long-term negative implications on speech and swallow functions, and overall quality of life. Effects from radiation or surgery may negatively impact a person's ability to eat and drink due to difficulty opening the mouth, poor saliva production, difficulty chewing, taste changes, food sticking in the throat during or after swallowing, or food or liquid going down the wrong pipe and up the nose when swallowing. Other complications include voice changes, such as developing a hoarse and breathy voice or experiencing changes in pitch and loudness, impaired speech, and anatomical changes to the face and neck.

Speech-Language Pathologists (SLPs) understand the impact changes in communication and eating can have on quality of life. We also understand that early intervention can make a significantly positive impact on speech and swallow outcomes. We see patients at every point before, during, after, and even long after radiation treatment, surgery, and chemotherapy. We work with patients toward mutual goals to facilitate speech, voice, and/or swallow function. We collaborate with dietitians, physicians, and physical therapists to assure that we are working together toward patient recovery. We encourage HNC patients and family

members to talk to your physician about referral so you can meet with a SLP as soon as possible.

The list of long-term side effects can be overwhelming at any point in diagnosis, treatment, and remission. The importance of having a support system amid navigating these issues unique to HNC patients can positively impact recovery. While weekly therapy with an SLP helps with some of the physical changes, a support group can assist in meeting psychosocial needs of patients, provide education and awareness specific to HNC needs, and promote physical and emotional health of patients, caregivers, and family.

COVID-19 has posed significant challenges to social interactions and general benefits of in-person support groups. Since June 2020, Mission Hope Cancer Centers of Arroyo Grande and Santa Maria have combined forces to transition our in-person meetings to bi-monthly virtual meetings for our Support for People with Oral Head and Neck Cancer (SPOHNC) groups. Gina Rotondo, MS, CCC-SLP, and Yamini Balasubramanian, MS, CCC-SLP, join group members from across SLO and SB counties to answer each other's questions, provide general support, and simply check in with one another. We welcome all HNC patients, family members, and friends. See below for information on a special presentation for our support group.

SPOHNC, Santa Maria (Support for People with Oral, Head, and Neck Cancer, Inc.)



Tuesday, October 19 • 3:30 p.m. Special Presentation: Transoral Robotic Surgery (TORS) in Head and Neck Cancers and Post Treatment Follow-up
Guest speakers: Robert Stewart, MD, and Bhavishya Clark, MD

To register for this virtual event, please call Mission Hope at 805.219.HOPE (4673)

Join us for a free community forum

Understanding the Medicare Maze



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

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, 2022. Now is the time to learn about the different options available to you in order to make informed choices! Questions are welcome.

MISSION HOPE CANCER CENTER, SANTA MARIA

Wednesday, October 6 • 2:00 p.m.

1325 East Church Street, Santa Maria

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, October 13 • 10:00 a.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Seating is limited and reservations are required.

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

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

■ HICAP (Health Insurance Counseling and Advocacy Program) provides free, confidential one-on-one counseling, education, and assistance to individuals and their families on Medicare, Long-Term Care insurance, other health insurance related issues, and planning ahead for Long-Term Care needs. HICAP counselors also conduct community presentations.

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key to locations of activities: 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 AHC=Allan Hancock College, Santa Maria MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria		1 Circuit Training (MHW) Metastatic Breast Cancer Support Group 10:00 am Guided Meditation 5:00 pm	2 Fight Against Falls Class (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	3 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW)
6 Office closed	7 Lymphedema Prevention Exercise (MHW) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am Breast Cancer Support Group 4:00 pm/5:45 pm	8 Circuit Training (MHW) Learn Golf Capacitar 3:00 pm	9 Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	10 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (AG) 1:00 pm
13 Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm Yoga 5:00 pm	14 Lymphedema Prevention Exercise (MHW) HEAL Class (SM) 2:00 pm Apoyo y Educación Para Personas con Cáncer 5:30 pm	15 Circuit Training (MHW) All Blood Cancers Support Group 1:00 pm Metastatic Breast Cancer Support Group (SM) 10:00 am	16 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG) Family Caregiver Support Group 5:30 pm Living with Cancer Support Group 6:00 pm	17 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW)
20 Knitting Group (SM) 2:00 pm	21 Lymphedema Prevention Exercise (MHW) Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm Breast Cancer Support Group 5:45 pm	22 Circuit Training (MHW) Learn Golf Art Therapy–Water Color Painting (AG) 9:00 am Family Caregiver Support Group (SM) 1:00 pm	23 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	24 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Men's Cancer Support Group (SM) 8:00 am GUEST SPEAKER: Ben Wilkinson, MD, FACRO
27 Energy Balancing 11:00 am Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm	28 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am Apoyo y Educación Para Personas con Cáncer 5:30 pm	29 Circuit Training (MHW)	30 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We are pleased to offer even more classes and support groups.</p> <p>Some classes and events are still being offered virtually while others are onsite at various locations and some are a combination. 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 • HCRC: 805.542.6234</p>				<p>1</p> <p>Aquatic Exercise Class (AHC)</p> <p>Fight Against Falls Class (MHW)</p> <p>Art Therapy–Silk Scarf Painting (SM) 9:00 am</p>
<p>4</p> <p>Knitting Group (SM) 2:00 pm</p> <p> Yoga 5:00 pm</p>	<p>5</p> <p>Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am</p> <p>Lymphedema Prevention Exercise (MHW)</p> <p> Breast Cancer Support Group 4:00 pm/5:45 pm</p>	<p>6</p> <p>Circuit Training (MHW)</p> <p> Metastatic Breast Cancer Support Group 10:00 am</p> <p> All Blood Cancers Support Group 1:00 pm</p> <p>PRESENTATION (SM): Medicare Maze 2:00 pm</p> <p> Guided Meditation 5:00 pm</p>	<p>7</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Pilates for Survivors (AG)</p> <p>TRX Workouts (AG)</p> <p> Living with Cancer Support Group 6:00 pm</p>	<p>8</p> <p>Aquatic Exercise Class (AHC)</p> <p>Fight Against Falls Class (MHW)</p> <p>Pelvic Floor Strengthening Class for Men (MHW)</p> <p>Soul Collage (SM) 1:00 pm</p>
<p>11</p> <p> Energy Balancing 11:00 am</p> <p>Knitting Group (SM) 2:00 pm</p>	<p>12</p> <p>Lymphedema Prevention Exercise (MHW)</p> <p>HEAL Class (SM) 2:00 pm</p> <p> Apoyo y Educación Para Personas con Cáncer 5:30 pm</p>	<p>13</p> <p>Circuit Training (MHW)</p> <p>Learn Golf</p> <p>PRESENTATION (AG): Medicare Maze 10:00 am</p> <p> Capacitar 3:00 pm</p>	<p>14</p> <p>Energy Balancing (AG)</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Pilates for Survivors (AG)</p> <p>TRX Workouts (AG)</p>	<p>15</p> <p>Aquatic Exercise Class (AHC)</p> <p>Fight Against Falls Class (MHW)</p> <p>Art Therapy–Silk Scarf Painting (SM) 9:00 am</p>
<p>18</p> <p>Knitting Group (SM) 2:00 pm</p>	<p>19</p> <p>Lymphedema Prevention Exercise (MHW)</p> <p> Pilates 9:00 am</p> <p> SPOHNC, Santa Maria 3:30 pm PRESENTATION: Transoral Robotic Surgery (TORS)</p> <p>Breast Cancer Support Group (SM) 4:00 pm</p> <p> Breast Cancer Support Group 5:45 pm</p>	<p>20</p> <p>Circuit Training (MHW)</p> <p>Art Therapy–Painting (AG) 10:00 am</p> <p>Metastatic Breast Cancer Support Group (SM) 10:00 am</p> <p> PRESENTATION: Clinical Trials 2:00 pm</p>	<p>21</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Pilates for Survivors (AG)</p> <p>TRX Workouts (AG)</p> <p> Family Caregiver Support Group 5:30 pm</p> <p> Living with Cancer Support Group 6:00 pm</p>	<p>22</p> <p>Aquatic Exercise Class (AHC)</p> <p>Fight Against Falls Class (MHW)</p> <p>Pelvic Floor Strengthening Class for Men (MHW)</p> <p>Men's Cancer Support Group (SM) 8:00 am</p>
<p>25</p> <p> Energy Balancing 11:00 am</p> <p>Acupuncture (AG) 1:00 pm</p> <p>Acupuncture (SM) 3:00 pm</p>	<p>26</p> <p>Energy Balancing (SM)</p> <p>Lymphedema Prevention Exercise (MHW)</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>27</p> <p>Circuit Training (MHW)</p> <p>Learn Golf</p> <p>Family Caregiver Support Group (AG) 1:00 pm</p>	<p>28</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Pilates for Survivors (AG)</p> <p>TRX Workouts (AG)</p> <p>SPECIAL EVENT (SM): Girls Night Out 5:00 pm</p>	<p>29</p> <p>Aquatic Exercise Class (AHC)</p> <p>Fight Against Falls Class (MHW)</p>

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

SEP 28 & OCT 26; 9:00 AM

Favor de llamar a Hector Rodriguez al 805.346.3406 para una cita

SEP 14, 28 & OCT 12, 26; 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.

Allan Hancock College, SM

SEP 3, 10, 17, 24 & OCT 1, 8, 15, 22, 29

Reservation and assessment required; call John Malinowski at 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

Art Therapy Class

Art workshops using varied art materials and techniques to help boost creative expression.

Mission Hope Cancer Center, SM

OCT 1, 15; 9:00 AM

Silk Scarf Painting (see page 28)

Mission Hope Cancer Center, AG

SEP 22; 9:00 AM

Introduction to Water Color Painting

You will learn the correct way to paint from a palette, how to create textures and many of the tricks used by many professionals.

Held onsite, the class seating is limited.

Reservation required; please call 805.219.HOPE (4673)

✿ 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

SEP 27 & OCT 25; 3:00 PM

Reservation required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

SEP 27 & OCT 25; 1:00 PM

Reservation required; call 805.474.5334

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

SEP 21 & OCT 19; 4:00 PM

Held onsite, class seating is limited. Please call 805.474.5303 to reserve your spot

SEP 7 & OCT 5; 4:00 PM



Virtual/Zoom Meeting

Please call 805.474.5303 for details

SEP 7, 21 & OCT 5, 19; 5:45 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

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.

SEP 8 & OCT 13; 3:00 PM



Virtual/Zoom Meeting

Reservation required; please call 805.219.HOPE (4673)

✧Circuit Training

Circuit training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit, one exercise after another. The intensity level will be modified to fit your needs. (See page 16)

Marian Health & Wellness Center, SM

SEP 1, 8, 15, 22, 29 &
OCT 6, 13, 20, 27

Please call John Malinowski at 805.346.3413 to reserve a spot. A fitness assessment and medical release are required before attending

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.

Mission Hope Cancer Center, SM

SEP 28 & OCT 26; 1:00 PM

Reservation required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

SEP 9 & OCT 14; 1:00 PM

Reservation required; please call 805.474.5334

SEP 13, 27 & OCT 11, 25; 11:00 AM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Art Therapy Class: Introduction to Water Colors

Join Linda Denton at Mission Hope in Arroyo Grande to learn the correct way to paint from a palette, how to create textures and many of the tricks used by many professionals. No drawing skills required.



Wednesday, September 22 • 9:00 a.m. to 12:00 noon

Mission Hope, Arroyo Grande

Reservation required; please call 805.219.HOPE (4673)

✧Family Caregiver Support Group

Our caregiver support group offers a safe place to explore the emotional aspects of cancer by providing a forum to share and work through feelings and challenges.

Mission Hope Cancer Center, SM

SEP 22; 1:00 PM

Mission Hope Cancer Center, AG

OCT 27; 1:00 PM

Please call 805.219.HOPE (4673) SM/AG

Hearst Cancer Resource Center, SLO

SEP 2 & OCT 7; 5:30 PM

SEP 16 & OCT 21; 5:30 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

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

SEP 3, 10, 17, 24 &

OCT 1, 8, 15, 22, 29

Reservation and assessment required; call John Malinowski at 805.346.3413

Mission Hope Cancer Center, AG

SEP 2, 9, 16, 23, 30 &

OCT 7, 14, 21, 28

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

SEP 7 & OCT 5; 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.

SEP 1 & OCT 6; 5:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

HEAL: Healthy Eating and Activity for Living

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

Mission Hope Cancer Center, SM

SEP 14; 2:00 PM

Topic: Transitioning to a Healthy Lifestyle after Treatment with Diet and Exercise

OCT 12; 2:00 PM

Topic: Busting Nutrition and Exercise Myths for Breast Cancer

Please register for these meetings by calling John Malinowski at 805.346.3413

DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

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

SEP 9, OCT 14; 2:00 PM &

SEP 23, OCT 28; 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

SEP 8, 22 & OCT 13, 27

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.

SEP 2, 16 & OCT 7, 21; 6:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

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

SEP 7, 14, 21, 28 &

OCT 5, 12, 19, 26

Reservation and assessment required; call John Malinowski at 805.346.3413

Mission Hope Cancer Center, AG

SEP 2, 9, 16, 23, 30 &

OCT 7, 14, 21, 28

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.

SEP 8 & OCT 13; 1:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Men's Cancer Discussion Group

This group provides a relaxed forum for men to discuss issues, exchange information and get answers to their concerns with the guidance of experienced professionals, helping them to manage their stress and figure out solutions to problems. (See page 7)

Mission Hope Cancer Center, SM

SEP 24* & OCT 22; 8:00 AM

*Speaker: Ben Wilkinson, MD, FACRO, Prostate Awareness Month

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.

Mission Hope Cancer Center, SM

SEP 15 & OCT 20; 10:00 AM

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

SEP 1 & OCT 6; 10:00 AM



Virtual/Zoom Meeting

Please call 805.346.3402 for details

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

SEP 10, 24 & OCT 8, 22

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

Pilates for Survivors

Develop strength and flexibility with exercise geared towards the recovery from a cancer diagnosis. 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

SEP 2, 9, 16, 23, 30 &

OCT 7, 14, 21, 28

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

SEP 21 & OCT 19; 9:00 AM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Prostate Cancer Support Group

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

SEP 20 & OCT 18; 6:30 PM

Hearst Cancer Resource Center, SLO

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

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 HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Soul Collage

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

Mission Hope Cancer Center, SM

OCT 8; 1:00 PM

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

Mission Hope Cancer Center, AG

SEP 10; 1:00 PM

To register, please call 805.474.5300; 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.

OCT 19; 3:30 PM

Presentation by Robert Stewart, MD, and Bhavishya Clark, MD: Transoral Robotic Surgery (TORS) in Head & Neck Cancers and Post Treatment Follow-up



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 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

SEP 2, 9, 16, 23, 30 & OCT 7, 14, 21, 28

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

Nutritional Counseling with a Registered Dietitian

Mission Hope Cancer Center, Santa Maria/Arroyo Grande

By appointment; 805.346.3403

Hearst Cancer Resource Center, San Luis Obispo

By appointment; 805.542.6234

Ladies! You are invited to join us at Mission Hope for an educational event

Girls Night Out

Thursday, October 28 • 5:00 p.m.

With Mission Hope medical experts:

Wei Bai, MD

Medical Oncology/Hematology

Colleen O'Kelly Priddy, MD, FACS

Breast Surgical Oncology

Jonathan E. Tammela, MD, FACOG

Gynecologic Oncology

Ben Wilkinson, MD, FACRO

Radiation Oncology

For more information and to register, please call 805.219.HOPE (4673)

Participants will receive a special gift!

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

SEP 13, 20 & OCT 4, 11, 18;
2:00 PM

Please call 805.219.HOPE (4673) 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

SEP 9, 16, 23, 30 &
OCT 7, 14, 21, 28

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

SEP 13 & OCT 4; 5:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

Mission Hope Cancer Center, Santa Maria

Mission Hope Cancer Center, SM
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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:
Breast Imaging and Bone Densitometry 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 Oncology805.349.9393
Mission Hope Infusion Center 805.346.3419
Mission Hope Lab (Office hours: 8:00 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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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 Oncology805.474.5310
Mission Hope Infusion Center 805.474.5325 or 805.474.5326



Like us on Facebook:
Mission Hope Cancer Center



HANDS-ON WORKSHOP

Explore the Exotic Art of Silk Scarf Painting

Led by Linda Denton, artist and long time art teacher

Two Fridays: October 1 and 15
9:00 a.m. to 12:00 noon

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

This is a two-part class: must register for both.

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

Express yourself by wearing silk scarf that you designed and created! In this class series, you will learn the techniques to produce vibrant imagery on silk with just water and dye. All tools and materials supplied.

Starting with the basics in this step-by step workshop, Linda will explain how silk dyes offer even the beginner the opportunity to create beautiful one-of-a-kind works of art. Using the water to move the dyes, the results are a watery effect that produces a soft line and blended colors similar to water coloring. Participants have a choice of creating either a 30' x 30' square scarf or an 11' x 60' rectangular scarf. Wear clothing that you do not mind getting soiled and get ready for a morning of exploration and creative, hands-on FUN!



Linda Denton

