

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

November/December 2021

Committed to the Best in Breast Care

Mission Hope Cancer Center Honored with Three Year Accreditation

Quality Breast Care Focused on You

The National Accreditation Program for Breast Centers (NAPBC) represents a collection of national, professional organizations dedicated to the quality of care of patients with diseases of the breast.

By receiving care at this NAPBC-accredited center, you can be confident your breast care team includes dedicated medical professionals from all necessary specialties who will work together to provide you with the best care available throughout your care journey.

Access the Most Up-to-Date, Comprehensive Care

Being cared for at this NAPBC-accredited breast center means that you'll receive:

- Comprehensive, personalized, and coordinated care provided by a multidisciplinary team of specialists
- Continuous improvements in the quality of your care
- Information about clinical trials and new treatment options
- Access to breast cancer-related information and education
- Mental health support, financial guidance, survivorship care, and other long-term services
- Cancer Rehabilitation Services
- Genetic counseling
- Ongoing monitoring of care and lifelong follow-up

What NAPBC Accreditation Means for You

If you or someone you love has been diagnosed with breast disease, we know you have many important decisions to make. But there's one thing you won't have to worry about—where to find the best possible treatment. That's because the best breast care is available here at this NAPBC-accredited breast program. From start to finish, a collaborative team of breast specialists will handle your treatment with the greatest care, respect, and efficiency.

The NAPBC demonstrates commitment to breast health to improve the quality of care available in their centers through breast-related programs, some of which focus on:

- Prevention
- Early detection
- Diagnosis
- Pretreatment evaluation
- Staging
- The most effective treatment
- Support services

Please call **805.346.3405** if you need assistance from our Oncology Nurse Navigator at Mission Hope Breast Cancer Center.

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

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



Serving our Community with Exceptional Programs

Mission Hope Cancer Center, Arroyo Grande serves local cancer patients with the highest quality of care, magnified by the exceptional programs funded through community support.

One of the extraordinary services offered to patients at Mission Hope Cancer Center, Arroyo Grande is the Cancer Rehabilitation Program, which began in January of 2021. The program helps each patient safely implement healthy lifestyle behaviors into their daily routine, reducing the chance of cancer recurrence and improving many side effects of treatment.



Above: Julie Coleman of Pure Pilates instructs a client as part of the Cancer Rehabilitation Program

When former Arroyo Grande Community Hospital Foundation Board Chair Julie Coleman and her fellow instructors at Pure Pilates were approached about teaching a Pilates class for the program, they did not hesitate. Julie said, "It's wonderful to see the resilience of these patients. Every one of them has such an amazing attitude, even while going through what I imagine is the hardest challenge of their lives. We all have been humbled and so impressed by it. They are willing and excited to maintain their health and fitness. It's so great to have the Cancer Rehabilitation Program to help them achieve their goals."

She continued, "Our staff at Pure Pilates feel very blessed to be able to provide this service to these patients, our hospital and the community at large. It's been a privilege."

Mission Hope Cancer Center, Arroyo Grande provides additional services for local cancer patients through the Cancer Care Fund and Transport to Treatment Program. From July 1, 2020 through June 30, 2021, patients were served in the following ways:

- 75 Gas Cards
- 46 Grocery Cards
- 24 Supported through Financial Assistance
- 18 Psychosocial Counseling Sessions
- 21 Genetic Counseling Sessions
- 15 Colonoscopy Screenings
- 76 Nutritional Counseling Sessions
- 455 Transports to Treatment
- Cancer Support Groups (held virtually during pandemic)

If you would like to help ensure these services continue to be available for local cancer patients, please visit SupportArroyoGrande.org/Mission-Hope-Arroyo-Grande or call the Foundation at 805.994.5421.

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

An Anonymous Donor Helps to Fund New 3D Mammography Technology for Mission Hope Breast Imaging Center

Mission Hope Cancer Center is pleased to announce that patients scheduling appointments for mammograms at Mission Hope Breast Imaging Center can rest assured that they are getting the most advanced diagnostic technology. Thanks to a generous anonymous donation from a community member, Marian Regional Medical Center recently acquired the Selenia Dimensions Mammography System: 3D Mammography Technology.

Better detection and clinically superior

Dedicated to:

- Identifying breast cancers earlier
- Seeing lesions more clearly
- Reducing the number of unnecessary biopsies
- High clarity and quality of images allows radiologists to see cancers that otherwise would not be visible

The revolutionary 3D Mammography technology provides:

- Exceptionally sharp images
- Proven to detect **20% to 65%** more invasive breast cancers compared to 2D alone, an average increase of 41%
- Proven to reduce callbacks by up to **40%** compared to 2D alone
- FDA approved as superior for women with dense breasts compared to 2D alone

Currently, Marian Regional Medical Center sees 1,200 patients a month for mammograms, and new equipment would allow our hospital to see 2,000 patients a month since the technology is faster and more efficient.



For more information or to schedule a mammogram appointment, call the Mission Hope Breast Imaging Center at **805.346.3490**

Spreading Hope Throughout Santa Maria

IT'S OFFICIAL! The Day of Hope 2021 event raised \$347,055 for local cancer patients at Mission Hope Cancer Center. This total represents the support of more than 30 generous event sponsors, more than 30 dedicated community teams, and hundreds of donors throughout the community and nation.



Rancho Harvest Tops Day of Hope Fundraising Effort

■ Mission Hope Cancer patients are fortunate to be supported by many community members and local businesses. One major supporter of Mission Hope Cancer Center's annual Day of Hope event continues to be **Rancho Harvest**, who, this year, was not only a Hope Level event sponsor but also the company's Day of Hope 2021 team earned first place, raising **\$30,425**. Thank you, Rancho Harvest, for going above and beyond to support local cancer patients and spread hope.

Rugged Radios Fundraiser

■ As part of Day of Hope 2021, **Rugged Radios**, led by owner Greg Cottrell, held a Pink Radio Day fundraiser on August 28, 2021. From the sales of Rugged Radios' special edition Pink M1, **\$46,702** was raised in support of patients at Mission Hope Cancer Center. This meaningful gift is the single largest donation made to-date towards Mission Hope Cancer Center's Day of Hope event.



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

Health, Hope & Healing: 2021 Year-End Gift

As you spend time with family and friends this upcoming holiday season and take time to treasure your family, your friends, your health, and your community, please take a moment now to make a meaningful gift to Marian Cancer Care at Mission Hope Cancer Center to support local cancer patients in need. Your gift may support general patient care, a particular department, or a service of special significance to you. Gifts may also be made in honor of someone special, in memory of a loved one, or in recognition of a caregiver.

All proceeds stay local and benefit cancer patients in our community. Your gift will provide:

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



Marian Regional
Medical Center Foundation

805.739.3595

www.SupportMarianMedical.org



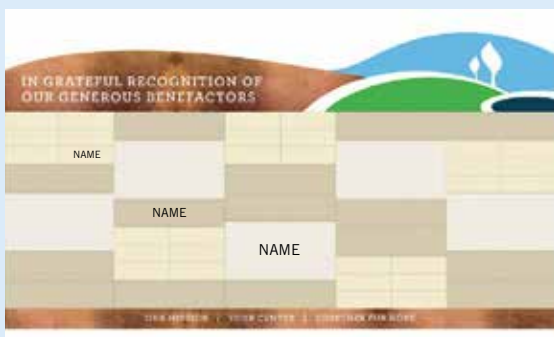
SCAN ME



GIVING LEVELS

A lifetime total giving of:

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



Donor Wall Opportunity

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 to add their family or company name to this special wall of recognition.

If you are interested in supporting Mission Hope Cancer Center or would like to inquire about being recognized on the commemorative donor wall, please e-mail cortney.delotto@dignityhealth.org or jessa.brooks@dignityhealth.org.



Wei Bai, MD
Medical Oncology/
Hematology

Lung cancer screening is a process to detect the presence of lung cancer in an otherwise healthy adult who is at high risk of lung cancer. The goal is to detect lung cancer early when it is more likely to be cured. By the time symptoms of lung cancer develop, the cancer is usually too advanced for curative treatment.

The Latest on Lung Cancer Screening

Lung cancer screening is done by using low-dose computed tomography (also called low-dose CT scan, or LDCT). During the scan, a person lies still on a long table. The table slides through the center of a tunnel-like machine that uses low amounts of radiation to take detailed pictures of the lungs. The process itself takes only a few minutes and is not painful. The pictures taken during the scan are reviewed by a radiologist. In the end, the result may show no abnormalities so the person may choose to continue annual low dose screening scans. Or the result may show one or more lung nodules. Most small nodules will be monitored at the next annual scan. However, other more concerning nodules may need additional imaging studies sooner or even a procedure (such as biopsy) to remove a piece of the nodule for laboratory testing.

Lung cancer screening is generally recommended for older adults who are longtime smokers and who don't have any signs or symptoms of lung cancer, including those who fit the following criteria:

- Have a 20 pack-year or more smoking history, *and*
- Smoke now or have quit within the past 15 years, *and*
- Are between 50 and 80 years old

Pack-year is calculated by multiplying the number of packs of cigarettes smoked a day by the number of years that a person has smoked. For example, a person could have a 20 pack-year smoking history by smoking one pack a day for 20 years (1 times 20), two packs a day for 10 years (2 times 10), or half of a pack a day for 40 years (0.5 times 40).

In general, people continue annual lung cancer screening until they become less likely to benefit from screening itself. For example, people may choose to stop when they develop other serious health conditions so that they are more likely to experience complications from follow-up tests or are too frail to undergo lung cancer treatment.

Lung cancer screening is not without any risks. People may be concerned about being exposed to radiation. Roughly speaking, the amount of radiation exposure during a low-dose CT screening is equal to about half the radiation a person is exposed to naturally from the environment in a year.

Studies have shown that using low dose CT to screen for lung cancer in high-risk people reduces the risk of lung cancer deaths. Surviving lung cancer starts with a scan! Please discuss the benefits and risks of lung cancer screening with your doctor. Or you may call our Oncology Nurse Navigator at 805.346.3463 with your questions.

Did you know?

New advice on lung cancer screenings:

The United States Preventive Services Task Force says anyone ages 50 to 80 who smoked a pack a day for 20 years and smokes now or quit within the past 15 years should have a yearly lung cancer test. Prior advice was for those 55 to 80 who had smoked a pack a day for 30 years. —JAMA, March 9, 2021

HANDLING THE HOLIDAYS



Coping with Grief:

Ways to externalize the loss— give it a time and a place

- Say a prayer before the Holiday dinner about your loved one.
- Light a candle for your loved one.
- Create a memory box for them.
- Have everyone tell a funny story about your loved one.
- Put a bouquet of flowers on your holiday table in memory of your loved one.
- Have a moment of silence during a holiday toast to honor your loved one.
- Play your loved one's favorite music or favorite game.

Light Up A Life Celebration

Join us virtually for our candlelight celebration as we remember our loved ones. We will come together online, with each candle a glowing symbol of life and spirit of someone loved and remembered.



**Wednesday, December 8
6:00 p.m.**

For event information and/or to provide name(s) via phone, please contact Mary Halford at 805.614.2061.

With the loss of a loved one, the holiday season may no longer hold appeal. Many find it challenging to face the festivities in new circumstances. Please join us for one of our free informal discussions which will focus on practical ways to minimize negative feelings and explore helpful coping strategies.

Navigating Grief During the Holidays

Kiersten Arnaudin, MSW, LCSW, Oncology Social Worker

Nell Bennett, MSW, LCSW, Oncology Social Worker

Max Boveri, LMFT, Bereavement Counselor/Coordinator

Choice of two locations; refreshments provided.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Monday, November 15, 2021

3:00 to 5:00 p.m.

850 Fair Oaks Avenue, Third Floor Conference Room

MISSION HOPE CANCER CENTER, SANTA MARIA

Wednesday, November 17, 2021

5:00 to 7:00 p.m.

1325 East Church Street, Conference Room

Seating is limited and reservations are required.

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





John Malinowski, ATC, CET
Cancer Rehabilitation Program

The holiday season is quickly approaching. This brings joy and excitement to our lives through family celebrations and shopping for the perfect gift for friends and loved ones. But for some those same activities bring stress and anxiety. During the holidays many of us can use some healthy stress reducing tips. Here are a few nutrition and exercise tips to help us navigate the holiday season in control of our stress levels.

Tips to Reduce Holiday Stress with Nutrition and Exercise

1. Plan your meals and dishes to pass out at holiday gatherings. This can afford you the opportunity to make a healthy dish rather than buying a prepackaged dish from a grocery store that likely has processed ingredients and a high sodium content.
2. Slow down and be mindful of what you are eating. One way to slow down your pace of eating is to chew each bite deliberately. Another tactic is to try to enjoy each bite and recognize the flavors and textures of the various foods on your plate.
3. Don't deprive yourself. If you have been waiting all year to taste grandma's sweet potato pie go ahead and have a small portion and enjoy it; just don't go overboard.

Exercising during the holidays can help us deal with added stressors in a positive way. When we exercise our body releases dopamine into the bloodstream which helps us to feel good about ourselves. There's so much to do around the holidays and we are all very busy, so allow yourself to make some adjustments in your regular exercise routine. Try starting the day with exercise to get it done and over with so you can enjoy the family. Shortening the length of your workout can make it fit into your holiday schedule. Try incorporating exercise into the family gathering by taking a walk after the meal instead of sitting down to catch up.

In addition, you are invited to join Melanie Logue and John Malinowski for our Healthy Eating and Activity for Living (HEAL) classes to discuss more tips on how nutrition and exercise can help you deal with the added stressors of the holiday season. We meet the second Tuesday of each month at 2:00 p.m. in Santa Maria. Please call Melanie at 805.346.3403 or John at 805.346.3413 to reserve your spot today!

Make movement a priority! Try starting the day off with exercise to get it done early or taking a walk after a meal instead of sitting down to catch up.



A Taste of the Holidays

Holidays are a great time to recharge and relax with family, friends, and loved ones. A huge part of these social celebrations and gatherings is food, but during cancer and its treatments your relationship with food can change. For example, your senses of taste and smell may be different which can affect your appetite. This article will offer a few practical ideas to help make this holiday season as flavorful as possible!

Taste Changes:

People undergoing treatment often describe a change in taste to bitter or metallic. It is important during this time to try foods that are different and unusual for you in hopes of discovering new tastes and ways of cooking. Here are a few other tips:

- Use glass cups and plates, and plastic flatware instead of metal
- Keep sugar-free lemon drops, orange flavored tic tacs, gum, or mints handy (also increases saliva to help with dry mouth)
- Use fresh or frozen fruits and vegetables instead of canned
- Season foods with tart flavors like lemon wedges, lemonade, citrus fruits, vinegar, and pickled foods (**do not** do this if you have a sore mouth or throat). This also combats overly sweet foods
- Try flavoring with new spices like onion, garlic, chili powder, basil, oregano, rosemary, tarragon, barbecue sauce, mustard, or mint
- Add sweeteners/sugar like agave nectar or honey to enhance pleasant tastes and decrease salty, bitter, or acid tastes
- Very sweet or tart foods and beverages can also increase saliva if you have dry mouth
- Freeze fruits like cantaloupe, grapes, oranges, and watermelon and eat them as frozen treats
- Blend fresh fruits into shakes, ice cream, or yogurt
- Try marinating meats to make them tender using fruit juice or wine, or serve with a strong sauce
- Try other protein-rich foods like chicken, fish, eggs, or cheese if red meat tastes strange
- Keep your mouth clean! Brushing your teeth and rinsing your mouth can help ease bad tastes. Rinse your mouth before and after meals with plain water or a baking soda and salt mouthwash to help foods taste better. (Mix 1 teaspoon salt and 1 teaspoon baking soda in 1 quart water. Shake well before swishing and spitting)

Reducing Unpleasant Odors:

- Serve foods cold or at room temperature. This can decrease the foods taste and smells
- Cover beverages and drink through a straw
- Choose foods that do not need to be cooked
- Avoid eating in rooms that are stuffy or too warm

Looking for the perfect holiday gift?

Try *The Cancer Fighting Kitchen* by Rebecca Katz. This book has wonderful recipes and tips on how to combat taste and appetite changes. And remember, taste can change from day to day!



Melanie Logue, MS, RD
Registered Dietitian
Nutritionist

The holidays are filled with traditions that include some of our favorite meals and foods. Thankfully, you can celebrate **and** make small changes towards a healthier lifestyle. You can still enjoy a variety of different foods; it is not necessary to cut out food groups or certain foods entirely during the holidays. With simple substitutions and planning, you can continue working toward your goal of better health and reduce your cancer risk.

Healthy Holiday Choices for Nutrition and Exercise

First, rethink what a holiday plate looks like. This could mean putting more veggies, or fruits on our plates along with lean protein. This will help to make our meals more nutritious and increase the amount of antioxidants we consume (cancer-fighting compounds). You can also make small changes for snacks and appetizers, and try different substitutions when cooking and baking. For instance, whole grain crackers or pretzels with hummus and veggies can be a great appetizer. You can also have unsalted nuts along with dried fruits, olives, and cheeses as a balanced charcuterie snack. When you are making casseroles, try using low-fat milk or light cream rather than using heavy cream.

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of pie. Parfaits with yogurt and various colorful fruits, unsweetened granola or Muesli, and unsalted/lightly salted nuts can make for a great dessert or even breakfast on a holiday. Bananas and unsweetened applesauce can often be added to baked goods and will help cut down on added fat. Cinnamon, allspice, and other holiday spices can be used to add flavor. Desserts can certainly be enjoyed in moderation, but it is helpful to fill up on nutritious meals first to avoid overeating.

You can also use leftovers in creative ways. For instance, try new side dishes with leftover turkey—such as roasted vegetables, mashed sweet potatoes or turnips, or add to a delicious soup. You can also use various leftovers to make omelets or sandwiches. Using leftovers can also take some of the stress away from the holidays, as you can relax and not worry as much about preparing more full meals.

Be sure to include exercise into your day even throughout the holidays. As usual, movement you enjoy is always best. You could also try taking walks or engaging in other physical activity with family and friends. Exercise and movement can help with digestion and keeping our energy levels up even after enjoying all of the holiday food fare.

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. 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. HEAL classes meet in person in Santa Maria on the second Tuesday of each month at 2:00 p.m. Upcoming classes are listed in the sidebar.

HEAL: Healthy Eating and Activity for Living Support Group

TUESDAY, NOVEMBER 9
2:00 p.m.

Topic:
Healthy Holiday Choices for Nutrition and Exercise

TUESDAY, DECEMBER 14
2:00 p.m.

Topic:
Reducing Holiday Stress with Nutrition and Exercise

MHCC Conference Room
1325 East Church Street,
Santa Maria

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

Combining easy canned ingredients with a few fresh components—along with spices you can adapt to your taste—this quick one pot meal will warm you up during colder months.

Vegetarian Pumpkin Chili

INGREDIENTS:

- 2 Tablespoons olive oil
- 1 cup chopped onion
(1/2 of a large onion)
- 1 green + 1 red bell pepper, diced
- 3 garlic cloves, minced
- 1/2 teaspoon fresh ground black pepper + 1 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 2 and 1/2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon onion powder
- 2 cups vegetable broth
- 3 (14 ounce) cans petite diced tomatoes, do not drain
- 1 (15 ounce) can each pinto + kidney beans, drained and rinsed
- 1 (15 ounce) can pumpkin puree
- 1 large sweet potato, peeled and diced
(about 1 heaping cup)



Fill your home with the pleasing aromas of cinnamon, cumin and chili powder in this hearty and filling meal. Customize yours with sliced avocado, cilantro or Greek yogurt.

INSTRUCTIONS:

1. Heat the olive oil over medium heat in a 5 quart (or larger) pot or dutch oven. Add the onion, and bell peppers. Stir and cook for 5 minutes as the onion softens. Add garlic, salt, black pepper, cumin, chili powder, and onion powder. Stir and cook for 1 minute. Add the remaining ingredients.
2. Place the lid on top, reduce heat to medium-low, and cook for 30 minutes, stirring occasionally.
3. Serve with sliced avocado or cilantro for a little fresh kick. Yum!



Dustin Stevenson, DO

Medical Oncology/
Hematology

The COVID-19 pandemic, caused by the novel SARS-CoV-2 virus, continues to have a serious impact on many people, including cancer patients. This is especially true with the recent outbreak of the delta variant. As such, vaccination remains the cornerstone of protecting yourself (and others) from serious illness and death from COVID-19. However, certain individuals may have reduced vaccine protection such as patients with cancer receiving active treatment.

The Evidence is in: COVID Vaccines Do Protect Patients with Cancer

People who are immunocompromised may continue to experience a reduced immune response to COVID-19 vaccines; it's important to continue to follow safety precautions

People currently eligible for an additional COVID-19 vaccine (third) dose include those who received the two-dose Pfizer COVID-19 vaccine series and are moderately or severely immunocompromised, such as those with certain conditions identified by the CDC.

Cancer patients who are considered immunocompromised include:

- Patients being treated for blood cancers currently or within the last six months
- Patients who were within 12 months after treatment with B-cell depleting drugs (for example, rituximab or Rituxan®) at the time of their initial vaccination
- Patients who have undergone a stem cell transplant or received CART therapy within the last two years
- Patients being treated for solid tumors with chemotherapy—and some patients on immunotherapy—currently or within the last six months

There is not yet enough data to determine whether an additional dose of the Moderna and Johnson & Johnson's Janssen COVID-19 vaccine provides improved antibody response in immunocompromised people. The FDA's authorization for additional doses only applies to the Pfizer mRNA COVID-19 vaccine. However, as of this writing (October 15, 2021) the FDA advisory committee has recommended booster shots of the Moderna and Johnson & Johnson and it is anticipated they will be recommended for at risk patients—similar to the Pfizer vaccine.

People who are immunocompromised may continue to experience a reduced immune response to COVID-19 vaccines, even after receiving the third dose. It is important to continue following COVID-19 safety precautions, including wearing a mask in indoor public settings, staying apart from others who are not from your household, encouraging family and friends to receive the vaccines, avoiding crowds and poorly ventilated indoor spaces.

Radiation therapy plays a central role in the treatment of both early and advanced stage breast cancer. Mission Hope Cancer Center is proud to announce the opening of our first radiation oncology national clinical trial that will help further scientific knowledge in this area of cancer care.

New Radiation Oncology Breast Cancer Clinical Trial Opens at Mission Hope Cancer Center

Over the past five to ten years, we have learned that women diagnosed with very favorable tumors from a biologic perspective may be able to avoid certain standard treatments such as chemotherapy or radiation therapy after breast cancer surgery.

In conjunction with the National Cancer Institute (NCI) Community Oncology Research Program (NCORP), we have opened our first radiation oncology specific clinical trial at Mission Hope Cancer Center. Cancer doctors have known for several years that certain women aged 70 and older may be able to safely avoid radiation therapy after surgery for early-stage breast cancer. The NRG-BR007 “DEBRA” trial will take the next step to help determine whether younger women between 50 and 69 years old who have very early stage and biologically favorable breast cancer still require radiation after breast conserving surgery. A unique quality amongst radiation oncology clinical trials is that the DEBRA Trial will use a genomic signature to help select for women who have been diagnosed with biologically favorable breast cancer and may be eligible for this trial. OncotypeDx, which is the molecular test

that will be used in the DEBRA Trial, is commonly obtained to make chemotherapy decisions. In this case, it will be used to help determine whether women have a lower than usual chance of local recurrence within the breast and might be safely treated without including radiation therapy.

As an early adopter of meaningful treatments for breast cancer patients, we are happy to announce that Mission Hope will be one of the first cancer centers in the country to enroll patients on the DEBRA Trial. As breast cancer remains the most common non-cutaneous cancer affecting one in eight American women during their lifetime, it is of the utmost importance we continue to strive for the best possible practices and treatment options for our patients. This newly-opened trial will be conducted together by our cancer center director Dr. Robert Dichmann, Dr. Ben Wilkinson in Radiation Oncology, and Jessica Salamacha in Mission Hope Clinical Research. For more information about this trial, please speak with your Oncologist about it or reach out to the Mission Hope Cancer Center research team at 805.346.3462.



**Ben Wilkinson, MD,
FACRO**

Radiation Oncology



**Jessica Salamacha,
CCRC**

Clinical Research
Coordinator

As an early adopter of meaningful treatments for breast cancer patients, Mission Hope will be one of the first cancer centers in the country to enroll patients in the DEBRA Trial.



Case Ketting, MD
Radiation Oncology

Ancient wisdom advises us that, “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!”

—(Ecclesiastes 4:9-10)

Thank you to all the Caregivers

The sentiments above are fitting words to remember as the month of November has been selected to celebrate family caregivers.

Human beings were not made to be alone. We reach our full potential as we are placed in families, then in churches, clubs, and communities, and then in nations. We are born into a family, and I suppose most of us hope to die surrounded by loving family. Surveys have shown that most cancer patients fear pain and loneliness more than they fear death.

“Caregivers” is just a generic term that we use to indicate a father, mother, husband or wife, brother or sister, lover or friend who steps in to accompany someone experiencing loss, sickness, or death. Caregivers do what nurses and doctors, social workers and therapists cannot. They provide committed, familiar and loving company as patients walk “through the valley of the shadow of death.”

People are funny. I’ve seen caregivers exhibit infinite patience and grace. I’ve seen caregivers exhibit humor and bluff, even laughter in the face of hardship. I’ve seen caregivers exhibit irritation, frustration, exhaustion, even anger. I think the most important thing is constancy and company. None of this is easy. Emotions come and go. But humans can “be there” for those we choose to love, even when we don’t always feel love. We can care, giving of ourselves despite our own brokenness, sadness, or frustration, and those of others. There’s a kind of grace in that.

So, on behalf of my patients, let me say “thank you” to all the caregivers who bless me with their example and bless my patients with their love. We all need you. So maybe sometime this month, take just a little time to take care of yourselves.

Dignity Health provides support for caregivers through our Cancer Services program. For information, please call our Family Care Navigators:

Tracey Little, MSW: 805.614.2085 • Tracey.Little@dignityhealth.org

Molly Kehoe, MSW: 805.332.8590 • Molly.Kehoe@dignityhealth.org

Para Español llame al 805.739.3900

Caregivers do what nurses and doctors, social workers and therapists cannot: They provide constancy and loving company to their loved one

Moving Forward Together

From Black Friday and holiday gift commercials to the beautifully-decorated homes and storefronts, it's hard to ignore: the holidays are now upon us. As a cancer survivor you have additional reason to celebrate life! While this season is a time for us to renew our appreciation of life and its many blessings, the holidays can also be stressful.

This time of year always prompts us to think about the things that are most important to us. Many cancer survivors have revealed that with a diagnosis often comes a reordering of priorities. That sentiment coupled with the season, offers us a unique opportunity to pay attention to what really matters. In spite of the stress that can accompany the holidays, it's important to spend time with the people we love, and make the season enjoyable for our children and grandchildren. Here are a few strategies you may find helpful.

Sometimes during this time of festivities and gatherings, survivors can feel isolated. People who love you may turn away, not because they don't care, but because they don't know how to react to your illness. If you are thinking of someone and want to reach out, but don't know what to say or do, it's okay to say, "I just don't know what to say." It's important to make the call or send the card you're considering. After all, you never know how much it might mean to the other person. Share your hope and communicate your blessings. Invite someone to your celebration who you know is alone for the holidays.

Simplify the holidays. Create a new holiday tradition that makes the most of your energy, such as planning potluck dinners or dining at a favorite restaurant. Send seasonal cards or letters after Christmas—try New Year's or Valentine's Day. Reduce holiday gift exchanges and shop online or via catalogues when necessary. Buy holiday treats to reduce the amount of time you spend baking. Reach out for help when needed; for example, ask someone to decorate your home or trim the tree, then serve them hot chocolate and the pleasure of conversation in return.

Live in the moment. Realize your limitations and feel comfortable doing less. Don't feel obligated to live up to others' expectations. Express your love in more direct ways than gifts. There are no "shoulds." Rededicate yourself to your spiritual growth. Slow down to celebrate the small things in life, including the blessings of each day.

As we enter a new year, remember that Mission Hope provides, at no charge, counseling for cancer patients and their families, support groups, educational lectures and services to our Central Coast community so we can continue to move forward.

From using our programs and services, to volunteering or making a donation, we thank you for your involvement. We know that when we join together, we truly don't have to face cancer alone. Everyone at Mission Hope Cancer Center wishes you a Blessed Thanksgiving, a joyous Christmas, and a New Year that will bring hope!

May this holiday season nourish your spirit with gratitude and remind you how much you have to live for.



When dealing with an unexpected illness, most people do not have prior experience to tell them how to handle the new and sometimes difficult situation. Our groups are designed to help with this unfamiliar territory. Through a group, patients and family members have the opportunity to learn new skills, gather information and resources, and share experiences so they are better prepared for the challenges ahead. Groups can help reduce the isolation and help individuals to realize that they are not alone. Research has taught us that patients can benefit in a variety of ways by learning about their illness or by learning techniques to help them cope more effectively with the illness or effects caused by its treatments.

How to Benefit from the Group Dynamic

Group interventions are an important way in which Mission Hope Cancer Center provides comprehensive psychosocial care and assistance optimizing wellness. Just as there are different kinds of medical treatments for cancer, so are there different kinds of groups. We have a tendency to lump all of them under the heading of “support group” which is not a good idea. To some people, “support” implies a deficiency or a weakness, or that you can’t make it through this experience on your own. Nothing could be further from the truth.

Groups are a place where education is disseminated and information is exchanged. Support does not necessarily translate to giving advice. They also are social places where people can be with others who are undergoing similar experiences, thus forming a community or network. Knowing that you are not alone can provide emotional support and information; this reassurance can change how you cope with your illness. Confidentiality is of utmost importance and is expected in all groups and it encourages a feeling of honesty and trust.

To be truly effective, a group must be well-defined and address the specific needs of the individual. What works for one person may not work for another. As a result, we have developed a range of different groups. Some groups rely on the participants to talk about their feelings and challenges. Members give feedback and help, and a strong sense of belonging develops. These groups may meet weekly or monthly with a professional facilitator. Other groups are larger, similar to a class, and rely upon a leader to present information. These focus on a specific topic and have less discussion of personal concerns.

Groups are a place where education and information are disseminated and exchanged, helping to form a community or network.

Think about groups as a resource for now or in the future. It is important to find the right group for you. The recommendation is that you assess what you want in a group and what is comfortable for you. Ask yourself

these questions to help identify your needs:

- Am I more comfortable talking or listening in a group environment?
- Do I want information?
- Do I want to learn about something specifically?
- Am I seeking personal growth and change?
- How much time am I willing to commit to a group?
- Do I have some experiences that may benefit others?
- What previous group experiences have I had and what made them helpful or not?

Once you have identified some information about what you want in a group, seek information about the various groups available. We recommend the following:

- Try to talk to the facilitator prior to the group.
- Seek information about what goes on in the group.
- Find out when it meets.
- Make a commitment to go to more than one session. First sessions don’t always give the best impressions.
- If one group does not work, look for another one and TRY IT! All groups are different.
- Keep in mind that not every group will be perfect.
- Try to identify what you can gain from the group.

Often, people who think they will not benefit have great results once they find the right situation. We encourage you not to give up until you find what works for you.

A survivor speaks...

Today is a Gift to Cherish

The holiday season is upon us with time being spent on planning get-togethers, dinners and gifts for our family, friends and loved ones.

But what about the gift to ourselves?

Gifts come in all shapes and sizes, but the best gift anyone can be blessed with is their health. My gift came early this year. It was in the form of an annual mammogram accompanied with a diagnosis of cancer. After an initial moment of shock and a few tears of sadness, I took control of this new endeavor. I selected my physicians, put my trust and confidence in them, hoped for the best and held on as the ride began! During the process of obtaining insurance authorizations, scheduling appointments and surgery, I never questioned the why or the how come, instead demonstrated feelings of gratification and appreciation. I was grateful to have taken the time to schedule a preventive screening which detected the early stage of this disease, and appreciative of the doctors, nurses and support people who continually provided guidance, kept me well informed and answered my numerous questions. When therapy began I was confident in the direction I was taking. Cancer did not define who I was; it simply represented a detour in my life.

Since the conclusion of my treatment and hormonal therapy now a daily routine, I reflect back on that time like a chapter in a book. This was not the way I wanted the character to be portrayed, but I needed to continue reading in order to get to the next page. A challenging path with roller coaster days, my journey could not have been achieved—and continue to be successful—without the well wishes, thoughts, prayers and support I received. My daughter once said to me prior to the start of my therapy, “Sunshine is the best, but bring on the storm and I’ll dance with you in the rain.”

Today is your gift: get regular checkups, preventive screening tests and immunizations. Share with your physician(s) your family history, don’t be afraid to voice your concerns, and always ask questions. Take control; it could save your life!

With greatest appreciation to all those involved,

—A Breast Cancer Survivor

Únete a nosotros para un foro gratuito de la comunidad

En español

Entendiendo el laberinto de Medicare

Presentado por Programa de Consejería y Abogacía Sobre el Seguro de Salud de California (HICAP)

Cada año, los afiliados al plan Medicare pueden reevaluar su cobertura y hacer cambios durante un período de tiempo especificado. Este año, Medicare abre la inscripción comienza el 15 de octubre y finaliza el 7 de diciembre, con cambios efectivos el 1 de enero de 2022. Ahora es el momento de conocer las diferentes opciones disponible para que pueda tomar decisiones informadas! Las preguntas son bienvenidas.

Miércoles, 3 de Noviembre • 2:30 p.m.

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

Los asientos son limitados y se requieren reservaciones.

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

Experience the Art of Origami

Led by Jane Abela

A relaxing paper folding craft, Origami immerses one in an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction. Many of the origami designs are symbols of hope and new beginning—perfect for cancer survivors!

**MISSION HOPE CANCER CENTER,
SANTA MARIA**

**Tuesday, November 9
10:00 a.m.**

1325 East Church Street, Santa Maria



SoulCollage® Class

Led by Terrie Miley

An art therapy activity suitable for everyone, SoulCollage® offers a visual way to discover your feelings and inner wisdom.

**MISSION HOPE CANCER CENTER,
SANTA MARIA**

**Friday, November 12
1:00 p.m.**

1325 East Church Street, Santa Maria

**MISSION HOPE CANCER CENTER,
ARROYO GRANDE**

**Friday, December 10
1:00 p.m.**

**850 Fair Oaks Avenue, Third Floor
Arroyo Grande**

All tools and materials supplied. Seating is limited and reservations are required.
Please call Mission Hope Cancer Center to register at 805.219.HOPE (4673)

CANCER REHABILITATION PROGRAM

We can help you develop your personal fitness goals and provide you with the knowledge, guidance, and motivation to reach them.

Lymphedema Prevention Exercise

Led by John Malinowski, ATC, CET, on-site in Santa Maria and Arroyo Grande

Studies have shown that systematic exercise can play a major role in avoiding the onset of lymphedema. This therapeutic exercise class is designed for breast cancer survivors and those battling chronic conditions.

MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA

**Tuesdays, November 2, 9, 16, 30
and December 7, 14**

1207 East Main Street, Santa Maria

Reservations are required;

please call John Malinowski at 805.346.3413

A fitness assessment is required before attending



MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays, November 4, 11, 18 and December 2, 9, 16

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Reservations are required; please call John Malinowski at 805.474.5334

A fitness assessment is required before attending

Lymphedema is swelling caused by excessive lymph fluid collecting in the soft tissues of the affected area due to a restriction of the flow within the lymphatic system.

Pelvic Floor Strengthening for Men with Prostate Cancer

Led by John Malinowski, ATC, CET, on-site in Santa Maria

Treatment for prostate cancer may cause a range of side effects. Fortunately, there are ways to reduce or manage them. One effective strategy is to strengthen your pelvic floor with exercise. This class is geared toward men coping with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA

Fridays, November 12 and December 10

1207 East Main Street, Santa Maria

Reservations are required; please call John Malinowski at 805.346.3413

A fitness assessment is required before attending

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm  Yoga 5:00 pm	2 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	3 Circuit Training (MHW)  Metastatic Breast Cancer Support Group 10:00 am PRESENTACIÓN EN ESPAÑOL (SM): HICAP presenta Medicare 2:30 pm  Guided Meditation 5:00 pm	4 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)  Living with Cancer Support Group 6:00 pm	5 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW)
8  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	9 Lymphedema Prevention Exercise (MHW) Art Therapy–Origami (SM) 10:00 am HEAL Class (SM) 2:00 pm  Apoyo y Educación Para Personas con Cáncer 5:30 pm	10 Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm Family Caregiver Support Group (SM) 1:00 pm  Capacitar 3:00 pm	11 Energy Balancing (AG) Fight Against Falls Class (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	12 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (AG) 1:00 pm
15 Knitting Group (SM) 2:00 pm PRESENTATION (AG): Navigating Grief During the Holidays 3:00 pm	16 Lymphedema Prevention Exercise (MHW) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am  Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm  Breast Cancer Support Group 5:45 pm	17 Circuit Training (MHW) Metastatic Breast Cancer Support Group (SM) 10:00 am PRESENTATION (SM): Navigating Grief During the Holidays 5:00 pm	18 Fight Against Falls Class (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	19 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Men's Cancer Support Group (SM) 8:00 am
22  Energy Balancing 11:00 am	23  Apoyo y Educación Para Personas con Cáncer 5:30 pm	24	25 THANKSGIVING HOLIDAY OFFICE CLOSED	26 THANKSGIVING HOLIDAY OFFICE CLOSED
29	30 Lymphedema Prevention Exercise (MHW)	<div>  <p>HAPPY Thanksgiving</p> </div>		

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key to locations of activities: Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully! =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) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG) Living with Cancer Support Group 6:00 pm	3 Fight Against Falls Class (MHW) Art Therapy–Make Holiday Cards (SM) 1:00 pm
6 Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm Yoga 5:00 pm	7 Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group 4:00 pm/5:45 pm	8 Circuit Training (MHW) Art Therapy–2D Holiday Design (AG) 10:00 am Metastatic Breast Cancer Support Group 10:00 am All Blood Cancers Support Group 1:00 pm Capacitar 3:00 pm Guided Meditation 5:00 pm Light Up a Life 6:00 pm	9 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	10 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (SM) 1:00 pm
13 Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	14 Lymphedema Prevention Exercise (MHW) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am HEAL Class (SM) 2:00 pm SPOHNC, Santa Maria 3:30 pm Apoyo y Educación Para Personas con Cáncer 5:30 pm	15 Circuit Training (MHW) Metastatic Breast Cancer Support Group (SM) 10:00 am Family Caregiver Support Group (AG) 1:00 pm	16 Energy Balancing (AG) 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 Fight Against Falls Class (MHW) Men's Cancer Support Group (SM) 8:00 am
20	21 Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm Breast Cancer Support Group 5:45 pm	22	23 HAPPY	24 CHRISTMAS EVE OFFICE CLOSED
27	28 Apoyo y Educación Para Personas con Cáncer 5:30 pm	29	30	31 NEW YEARS EVE OFFICE CLOSED

Questions? Give us a call! SM: 805.219.HOPE (4673) • AG: 805.474.5300 • HCRC: 805.542.6234

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

NOV 16 & DEC 14; 9:00 AM

Favor de llamar a Hector Rodriguez al 805.346.3406 para una cita

NOV 9, 23 & DEC 14, 28; 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

NOV 5, 12, 19

Reservation and assessment required; please 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

NOV 9; 10:00 AM **Learn Origami**

DEC 3; 1:00 PM

Custom Holiday Card Making

Make personal greeting cards for fun and gifting in this custom card making class.

Mission Hope Cancer Center, AG

DEC 8; 10:00 AM

2-D Holiday Design

Learn how to use paper and color to make simple designs.

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

NOV 1 & DEC 6; 3:00 PM

Reservation required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

NOV 1 & DEC 6; 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

NOV 16 & DEC 21; 4:00 PM

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

NOV 2 & DEC 7; 4:00 PM



Virtual/Zoom Meeting

Please call 805.474.5303 for details

NOV 2, 16 & DEC 7, 21; 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; please call John Malinowski at 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

✧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.

NOV 10 & DEC 8; 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 which targets strength building and muscular endurance. A typical class will consist of 6-10 different exercises done three or more times per workout. The intensity level will be modified to fit your needs.

Marian Health & Wellness Center, SM

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

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

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.

NOV 8, 22 & DEC 13; 11:00 AM



Virtual/Zoom Meeting

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

Will resume in 2022 for Mission Hope Cancer Centers in Santa Maria and Arroyo Grande

✧NEW CLASSES

Your deductible is paid:

Have you had all your cancer screenings or did you put them off due to COVID?

Now is a good time to check with your doctor to make sure you are up to date with appropriate cancer screening exams, such as **colonoscopy, mammogram, pap smear, and/or prostate screening**. In addition, you may be eligible for **bone density or lung screening**. Let's get them done before the end of the year!

2022 **HAPPY NEW YEAR**

✧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

NOV 10; 1:00 PM

Mission Hope Cancer Center, AG

DEC 15; 1:00 PM

Please call 805.219.HOPE (4673) SM/AG

Hearst Cancer Resource Center, SLO

NOV 4 & DEC 2; 5:30 PM

NOV 18 & DEC 16; 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

NOV 5, 12, 19 & DEC 3, 10, 17

Reservation and assessment required; call John Malinowski at 805.346.3413

Mission Hope Cancer Center, AG

NOV 4, 11, 18 & DEC 2, 9, 16

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

NOV 2 & DEC 7; 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.

NOV 3 & DEC 1; 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

NOV 9; 2:00 PM

Topic: Healthy Holiday Choices for Nutrition and Exercise

DEC 14; 2:00 PM

Topic: Reducing Holiday Stress with Nutrition and Exercise

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

NOV 11 & DEC 9; 2:00 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

NOV 10

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

Living with Cancer

General Support Group

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

NOV 4, 18 & DEC 2, 16; 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

Studies have shown that systematic exercise can play a major role in avoiding the onset of lymphedema. This therapeutic exercise class is designed for breast cancer survivors and those battling chronic conditions.

Marian Health & Wellness Center, SM

NOV 2, 9, 16, 30 & DEC 7, 14

Reservation and assessment required; call John Malinowski at 805.346.3413

Mission Hope Cancer Center, AG

NOV 4, 11, 18 & DEC 2, 9, 16

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.

NOV 10 & DEC 8; 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.

Mission Hope Cancer Center, SM

NOV 19 & DEC 17; 8:00 AM

Held onsite, the class seating is limited.

Reservation required; please call Kiersten Arnaud 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

NOV 17 & DEC 15; 10:00 AM

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

NOV 3 & DEC 1; 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

NOV 12 & DEC 10

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

NOV 4, 11, 18 & DEC 2, 9, 16

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

NOV 16 & DEC 21; 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.

NOV 15 & DEC 20; 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

An art therapy in the treatment of trauma and life's major transitions, SoulCollage® offers a visual way to discover your feelings and inner wisdom. Materials are provided.

Mission Hope Cancer Center, SM

DEC 10; 1:00 PM

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

Mission Hope Cancer Center, AG

NOV 12; 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.

DEC 14; 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 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

NOV 4, 11, 18 & DEC 2, 9, 16

Please 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

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

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

NOV 8, 15 & DEC 13; 2:00 PM

Please call 805.219.HOPE (4673) to register

Yoga for Cancer Patients and Survivors

Gentle yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. This class features slower paced movements focusing on alignment, strength, balance, and flexibility. Participants often notice a greater sense of well-being by strengthening their bodies and combating uncomfortable side effects of treatment. No experience required; please bring a yoga mat.

Mission Hope Cancer Center, AG

NOV 4 & DEC 2, 9, 16

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

NOV 1 & DEC 6; 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
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 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

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Arroyo Grande, California
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French Hospital
Medical Center

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Infusion Center
of San Luis Obispo

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805.786.6144

Susan L. Diaz, RN, OCN
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Viri Ruiz
ONCOLOGY COUNSELOR
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Viridiana.Ruiz@dignityhealth.org

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 FUN

Custom Holiday Card Making

Led by Deborah Robertson

Come experience the latest trend in making personal greeting cards for fun and gifting in this custom card making class! Our instructor will walk you through the ins and outs of card-making to help you create three beautifully crafted cards.

MISSION HOPE CANCER CENTER, SANTA MARIA

Friday, December 3 • 1:00 p.m.

1325 East Church Street, Santa Maria



2-Dimensional Holiday Designs

Led by Annabelle Primrose

In this art session participants will learn how to use paper and color to make simple designs for use in holiday cards, wrapping paper, gift tags, and more. Works as a stress relief activity too! Techniques will include tessellations and circle designs. Try your hand at making easy 2-D holiday designs with us.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, December 8 • 10:00 a.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

■ Seating is limited and reservations are required. Please call Mission Hope to register at 805.219.HOPE (4673)

All tools and materials supplied • No previous experience necessary

