

# Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

January/February 2022

## HANDS-ON CREATIVE WORKSHOP

# Permission for Self-Care Class

Led by Barbara Hanneloré

MISSION HOPE CANCER CENTER, SANTA MARIA

**Friday, January 21, 2022 • 1:00 p.m.**

1325 East Church Street, Santa Maria

**Seating is limited and a reservation is required; please call 805.219.HOPE (4673)**

Our theme in January will be Permission for Self-Care: a review of all the things you do. You'll review all the different aspects of your life and note all the things you do, both at home and at work. In a day and in a week. Surely, it is a lot! You'll be able to review it objectively and give yourself some appreciation for all your efforts.

We'll have some relaxing breath and movement to begin, and time for drawing and sharing. Please join us and step away from your usual routine for a refreshing pause and a different perspective. This type of focus helps us access intuition and healthy hormones, while reducing stress. Patients, caregivers and community members are encouraged to attend.



**Barbara Hanneloré**  
Facilitator

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

No drawing experience necessary; any lines, colors, symbols or shapes that emerge will be a genuine expression in that moment. All needed materials will be provided.

## 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



## ARROYO GRANDE COMMUNITY HOSPITAL FOUNDATION

# Extending our Gratitude for Outstanding Community Support



Trilogy residents decorated their trees, mailboxes, and even pets during the annual Bows Up for Hope Campaign to support the Cancer Care Fund

Over the past year, countless caring community members joined to support cancer patients and programs at Mission Hope Cancer Center, Arroyo Grande.

The annual **Bows up for Hope Campaign** had an incredible record-breaking year, raising **\$30,381** for the Cancer Care Fund! The efforts of the Trilogy Service Club and residents of Trilogy at Monarch Dunes will continue to make a meaningful difference for cancer patients throughout the new year.

The annual **Cypress Ridge Campaign for Cancer Awareness** raised nearly **\$7,000** to support the Cancer Care Fund, Transport to Treatment Program, and Cancer Rehabilitation Program.

Zumba instructor Heidy Mangiardi and her **Zumba with Heidy** team joined to give **\$1,348** to benefit the Cancer Care Fund.

Every dollar raised helps provide care that goes above and beyond for local cancer patients. Arroyo Grande Community Hospital extends its sincere gratitude to the many individuals who planned, organized, facilitated, and donated to make this possible.



Above: Zumba instructor Heidy Mangiardi with Montisa Phelan Lopez, VP Philanthropy, Arroyo Grande Community Hospital Foundation

**If you would like to help support local cancer patients, we invite you to make a gift at [SupportArroyoGrande.org](https://SupportArroyoGrande.org) or call 805.994.5421.**

[supportagch@dignityhealth.org](mailto:supportagch@dignityhealth.org) | 805.994.5421 | [www.SupportArroyoGrande.org](https://www.SupportArroyoGrande.org)

## New 3D Mammography Technology Now Serving Patients at Mission Hope Breast Imaging Center!



Mission Hope Cancer Center is pleased to announce that mammogram patients 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; this new equipment allows 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**



SCAN ME

**Marian Regional  
Medical Center Foundation**

## A Expression of Generosity: The Marian Legacy Society

Members of the Marian Legacy Society express their commitment to Marian Regional Medical Center and/or Mission Hope Cancer Center through a special and important form of financial support. Such gifts might include a bequest, appreciated securities, gifts of retirement accounts, gifts of life insurance and/or charitable income gifts, such as charitable gift annuities, charitable remainder unitrusts, charitable remainder annuity trusts.

### Membership Benefits

Your membership involves no dues, obligations, or solicitations, but it does allow us to thank you and recognize you for the plans you have made, and it may inspire generosity in others. Best of all is the satisfaction derived from making a contribution to our long-term success.





# Thank You to Recent Community Fundraisers for Supporting Local Patients at Mission Hope Cancer Center



## ■ Toyota of Santa Maria: \$16,000

Toyota of Santa Maria organized their annual Pinktober Pumpkin Patch, with volunteers selling specially decorated pumpkins throughout the month. As a result of Toyota of Santa Maria's dedicated efforts, the company made a generous gift of \$16,000.

## ■ Community Bank of Santa Maria: \$4,500

In October, the employees of Community Bank of Santa Maria hosted a very special breast cancer support fundraiser in memory of late employee Judy Zavala. The employees of Community Bank of Santa Maria wanted to honor Judy for her many contributions to their company, and as a result raised a total of \$4,500 for local breast cancer patients in need.



Mission Hope Cancer Center and the Marian Foundation extend heartfelt gratitude to local community businesses for recent and meaningful donations.



## ■ Santa Maria Police Department: \$2,720

In November, the Santa Maria Police Department raised \$2,720 for "No Shave November," and the Santa Maria City Rangers joined, who raised \$300, all to benefit local cancer patients at Mission Hope Cancer Center in Santa Maria. The Santa Maria Police Department unveiled their pink camouflaged police cruiser, which attended many local community events to raise awareness of National Breast Cancer Awareness Month and fundraise for Mission Hope Cancer Center.



## ■ InSPArations Salon & Spa: \$2,100

Throughout November, the team at InSPArations Salon & Spa in Orcutt, with the generous support of many local small businesses, hosted their 18th-anniversary gift basket raffle, and as a result, raised a total of \$2,100 for local breast cancer patients at Mission Hope Cancer Center.



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

When you were diagnosed with cancer, things probably started to happen really fast. You were given a treatment plan based on NCCN guidelines that was personalized and targeted for your diagnosis. Your care team showed up and your treatment schedule was set. Chances are you agreed to the plan before you had time to think things through. You were just grateful that someone could help at a time when it felt like your life was on the line.

# Getting Back in Charge of Your Wellness After Cancer

The day treatment ended, your team wished you well, told you to come back for screening in a few months, and said goodbye. There you were: tired and overwhelmed, with no idea what to do from then until your follow-up appointment.

Many survivors describe the transition into survivorship as more frightening than when they were diagnosed. During treatment, you're asked to follow strict instructions while being given few choices. After treatment, you abruptly find yourself having to determine your own path, sometimes under circumstances very different from those you started out in. It's not surprising that anxiety runs high among survivors. The accompanying sense of helplessness also fuels fear of cancer recurrence, which at some level affects the majority of survivors.

As challenging as the transition to survivorship is, there may be a blessing within the challenge. Survivorship is an opportunity to become re-empowered: to rediscover your own ability to create wellness and with it, peace of mind. At this point, remember to start your 12-week Cancer Rehabilitation Program with John Malinowski, ATC, (telephone 805.346.3413).

Empowerment is active practice of your power to make choices and solve problems. Exciting recent research shows that survivors with greater ability to solve problems and see the opportunities within challenges are less distressed and less fearful of cancer recurrence.

After having had everything laid out for you, it may be new to have primary responsibility

for making conscious choices regarding your wellness. Stay out of overwhelm by taking it one step at a time. You can do this!

Here are some simple ways to start rebuilding your "empowerment muscles":

- **Tune in to your own needs:** Gently notice where your needs differ from your pre-cancer routine. Do you need more rest? More help with certain tasks? Someone to talk to who really understands what you've been through? Awareness of your very real needs is the first step to re-empowerment.
- **Ask for support:** There are professionals available to help with just about any wellness issue you may be struggling with, from coping with physical changes to the emotional fallout of this journey. Your oncologist, primary care physician, Oncology Nurse Navigator, or one of the many Mission Hope Cancer Center support team can refer you to helpful resources. Keep asking until you find the help you need.
- **Recommit to your self-care:** Cancer often awakens an awareness of the preciousness of good health. Every day you have dozens of opportunities to build good health as you choose what to eat, when to go to bed or how you'll spend your time. Each choice that points you in the direction of good health empowers you while reducing your chances of future illness.

Don't forget to celebrate yourself for making healthful choices!

**Survivorship is an opportunity to become re-empowered: to rediscover your own ability to create wellness and with it, peace of mind.**



**Gia Scarano, BSN, BA,  
RN, OCN**  
Oncology Nurse Navigator

HPV is a common virus that infects men and women and can cause six types of cancer. HPV vaccination provides safe, effective and long-lasting protection.

Cervical cancer kills more than 300,000 women around the world every year. Human papilloma virus (HPV) is responsible for more than 90% of cervical and anal cancer, 70% of vaginal and vulvar cancer, more than 60% of penile cancer, and 70% of oropharyngeal (throat) cancer.

## The Latest on HPV Vaccines

HPV is the most common sexually transmitted infection in the United States. The majority of Americans are diagnosed with HPV in their late teens/early twenties. We used to think the smartest way to vaccinate was to target children (age 11-12) since they aren't yet exposed to HPV. The thinking was that as we get older we have probably been exposed to HPV; so we used to think it was unnecessary to vaccinate someone who has probably already been exposed. In 2018 the FDA raised the age limit for the HPV vaccine to 45. The current thinking is that the vaccine covers nine strains of HPV and the odds of a woman being naturally exposed to all nine is very low. Therefore, vaccinating regardless of exposure to HPV can still reduce cancer risk by protecting from the strains that we know cause cancer. As an oncology nurse, seeing patients in their twenties with HPV-related cancers is tragic and preventable.

According to a recent study published in *The Lancet*, which followed 13.7 million

females for 13 years, the vaccine has shown a significant reduction in cancer diagnoses. What they found is that cervical cancer in women born since 1995 has decreased by 87%. In fact, according to the WHO this has been seen in all countries where the vaccine is available. In the United States alone, the CDC estimates that vaccinating against HPV prevents 31,200 cancer diagnoses per year. We think of it as a female problem but the reality is that each year 25,400 women and 19,900 men are diagnosed with an HPV-related cancer here in our country. As Benjamin Franklin wisely wrote in *The Pennsylvania Gazette* in 1735, "An ounce of prevention is worth a pound of cure." I got vaccinated at age 40 and if you can, I urge you to join me. Another important prevention tool are cancer screening tests. These can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. Below are the guidelines for average-risk individuals.

**As we begin a new year in 2022, it is important to take a moment to recognize the critical role that cancer screenings play in the early detection and successful treatment of many cancers.**

**Breast: Age 40**

- Yearly screening mammogram

**Cervical: Age 21-29**

- Pap smear every 3 years

**Cervical: Age 30-65**

- Pap smear every 3 years or Pap smear and HPV test every 5 years

**Colon: Age 50**

- Colonoscopy every 10 years for asymptomatic men/women with no personal or family risk factors

**Prostate: Age 45**

- PSA and Digital Rectal Exam every 1-2 years until age 75, dependent on PSA



In our quest toward wellness, there are some factors that we can't control like our genetics. However, there is much more that we have complete control over: like our daily nutrition and the amount of physical activity we regularly perform. Below are some basic recommendations to implement in support of your health goals, to enjoy an improved quality of life with the possible prevention of cancer.

# Helping to Prevent Cancer through Nutrition and Exercise

The American Institute for Cancer Research recommends following the new American Plate model which consists of filling at least  $\frac{2}{3}$  of your plate with plant based foods like vegetables, whole grains, fruits and beans. The remainder of your plate can consist of protein rich foods like fish, poultry, dairy and occasional lean red meat. Evidence suggests that eating a mostly plant based diet plays a role in preventing cancer. There are a few reasons for this. One is that plant foods are high in fiber which helps with digestion and regularity of bowel movements. Plant based foods are high in nutrients like vitamins, minerals and phytochemicals which have an association with cancer prevention.

Limiting our consumption of red meats and processed meat, like bacon or sausage, is also recommended to reduce your risk of colon cancer. Red meat should be limited to no more than 12–18 ounces per week. Processed meat should be consumed sparingly. Consider having meatless meals a few times per week. Alternatives to meat could be edamame, tofu, tempeh, or nuts.

It is advised to limit the consumption of fast foods which are typically higher in calories, which over time can lead to weight gain. Foods high in fats and sugars are linked to increased weight and body fat. Being overweight or obese increases your risk of some forms of cancer. Having a healthy body weight is a great way to help reduce our cancer risk!

There have been some interesting findings recently regarding the effects of exercise and our health. One study showed those who exercised at least three hours a week at a moderate intensity experienced a decreased risk of breast cancer of 15-20% and a decreased colorectal cancer risk of 24%. A systematic review of several studies showed a reduced rate of obesity and those with a level of exercise above the recommended amounts had a 19% reduction of cancer risk. There are also studies that show risk reducing benefits at lower levels of exercise.

If you would like to hear more about how nutrition and exercise can help you reduce your cancer risk attend our Healthy Eating and Activity for Living (HEAL) class on February 8 in the first floor conference room of Mission Hope at 2:00 p.m. Please reserve your spot by calling John Malinowski at 805.346.3413.



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

**Daily nutrition goal:**

**Fill at least**

**$\frac{2}{3}$**

**of your plate with  
plant based foods  
like vegetables, whole  
grains, fruits  
and beans**





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

TUESDAY, FEBRUARY 8  
2:00 p.m.

**Topic:**  
**Preventing Cancer through a Plant Based Diet and Exercise**

MHCC Conference Room  
1325 East Church Street  
Santa Maria

**The class seating is limited; please register at 805.346.3413**

## **STARTING THE YEAR OFF STRONG**

We all know protein is important, but why? While you may limit your calories, sugar and salt intake, you should also make sure you are ingesting enough protein. It plays a key role in the creation and maintenance of every cell in our bodies. It fuels our cells and powers our bodies. It is important for individuals to consume protein every day. Daily protein intake plays a role in keeping your cells in good shape.

# **The Importance of Protein in Recovery and Function**

Protein is made up of amino acids, commonly known as building blocks, because they are attached in long chains. It is also considered a “macronutrient,” (along with fat and carbohydrates) meaning that you need relatively large amounts of it to stay healthy.

Protein is an important building block of bones, muscles, cartilage and skin. In fact, your hair and nails are comprised mostly of protein. Protein is also used to build and repair tissue. Third, red blood cells contain a protein compound that carries oxygen throughout the body. This helps supply your entire body with the nutrients it needs. Protein also plays a role in digestion. About half the dietary protein that you consume each day goes into making enzymes, which aids in digesting food, and making new cells and body chemicals. Lastly, protein plays an important role in hormone regulation.

During and after cancer treatment, you may benefit from additional protein to help your body stay strong and handle the additional stress. Protein can be found from a variety of sources: animal-based and plant-based. Lentils, beans, peas, quinoa, yogurt, and nuts are great plant-

based sources. Protein powders can be used as well—either whey-based or plant-based sources (such as pea protein). If you often choose meat as your protein source, it's a good idea to try to incorporate more plant-based proteins throughout the week. This is because you can benefit from the fiber, antioxidants, and various other nutrients these foods contain which have cancer-fighting potential.

Protein is also important when it comes to exercise and recovery. Be sure to have a snack or meal containing protein 30-60 minutes after physical activity. A good example would be an apple or banana with peanut butter or cottage cheese with berries. This balance of carbohydrate containing foods and protein will help keep your energy levels high, blood sugars stable, and aid in muscle recovery.

If you have specific questions or would like more helpful tips, consider joining us for the next Healthy Eating and Activity for Living (HEAL) class. Please contact Cancer Exercise Trainer John Malinowski at 805.346.3413 to be added to the class list. HEAL classes meet in-person the second Tuesday of the month at 2:00 p.m.



There are many ways to play around with this basic smoothie recipe. If you prefer a less sweet smoothie, you can leave out the honey. Add more peanut butter for a stronger peanut butter taste. Add more milk to make the smoothie thinner, if desired. Add one cup of your favorite greens for added nutrition. If you are trying to bump up the calories and protein even further, you could use soy milk or a premade protein shake in place of skim milk.

## Chocolate Peanut Butter Cup Smoothie

### INGREDIENTS:

- 1 large banana, peeled, sliced, and frozen
- 3 Tablespoons unsweetened cocoa powder
- 6 oz Greek yogurt (any yogurt you prefer works)
- 3/4 cup skim milk (or your favorite kind of nondairy or dairy milk)
- 1 Tablespoon honey, maple syrup, or agave
- 1 Tablespoon peanut butter (any kind you like)



An easy way to include additional protein in your diet is a delicious smoothie. There's a whopping 28 grams of protein in this chocolate peanut butter cup smoothie!

### INSTRUCTIONS:

1. Put all of the ingredients into the blender, in the order listed, and blend on high until thick and smooth. It is recommended to start with only two Tablespoons of cocoa powder, blend, and then add one more for a stronger chocolate taste. You may need to stop and stir/scrape down the sides of the blender a few times.
2. Drizzle glass with 1 teaspoon of chocolate syrup (optional) and enjoy!



**Maribel Alesna, ERYT, C-IAYT**  
Certified Yoga Therapist

***Now offered in both Santa Maria and Arroyo Grande!***

*Mission Hope is pleased to expand our popular yoga classes to cancer patients, survivors and their families.*

## Gentle Yoga Classes

**Instructor: Maribel Alesna, ERYT, C-IAYT**

**MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA**

**Thursdays: January 6, 20, 27, February 3, 10, 17, 24**

1207 East Main Street, Santa Maria



**Carol Dichmann, RN, BSN**  
Oncology Nurse Navigator

**Instructor: Carol Dichmann, RN, BSN**

**MISSION HOPE CANCER CENTER, ARROYO GRANDE**

**Thursdays: January 6, 13, 20, 27, February 3, 10, 17, 24**

850 Fair Oaks Avenue, Third Floor

**Reservation and assessment required; please call 805.346.3413 or 805.474.5334**

Gentle yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. This gentle yoga class incorporates simple flowing sequences and slower paced movements focusing on alignment, strength and flexibility which work together to calm the mind, release tension, and help you generally feel better. Participants will have the opportunity to discover ways to gain a greater sense of well-being by strengthening their bodies, combating uncomfortable side effects of treatment, and reducing anxiety and stress. No previous yoga experience or flexibility required for this series and beginners are encouraged to join. Everything can be modified to suit specific needs. Space is limited, so reserve your spot now.

**Meet our newest yoga instructor**  
**Maribel Alesna**

■ Maribel is an easy going fitness enthusiast and unabashed spiritual seeker. She was first drawn to yoga as a complement to running many years ago. Her experiences of injury and pain have made her realize that wholeness is innate, healing is possible, and well-being comes from re-discovering that wholeness. As a Certified Yoga Therapist, she is trained to teach people living with cardiac conditions or cancer.



## FREE ONLINE EDUCATIONAL EVENTS

*If you or a loved one is coping with a cancer diagnosis, you know there are many challenges to face. You are invited to join our experts online as they share their knowledge and experience to help support you in your journey.*

### Understanding and Coping with Stress During and After Cancer

**Guest speaker: Dennis Pezzato, PhD**

Chronic stress can cause physiological changes that can cause health problems. Our immune systems can become severely compromised by the effects of chronic stress by virtue of the many ways our chemistry is changed. How can we prevent stress from contributing to ill health? Join us to learn how to implement proven strategies such as good diet, regular exercise, and rest/relaxation in addition to setting boundaries, practicing gratitude and improving problem-solving skills. Dr. Pezzato will share useful tools and important tips on how to successfully manage stress during and after cancer. Question and answer session to follow.



**Dennis Pezzato, PhD**  
Behavioral Specialist



**Tuesday, January 11, 2022 • 5:30 p.m.**

Held virtually; please call Hearst Cancer Resource Center at 805.542.6234

### Sexuality and Intimacy During and After Cancer Treatment

**Guest speaker: Ann Frost, PT, CLT, WCS**

Cancer treatment affects sexual health in many ways. The list of common side effects of cancer treatment that can affect a person's ability to have and enjoy sex is long: fatigue, nausea, pain and fear of pain, scar tissue and adhesions, altered sensation, decreased endurance, premature menopause, fatigue, weight gain or loss, altered body image, osteoporosis, bowel and bladder problems, and erectile dysfunction.

Please know there are multiple ways to recover sexual function after cancer treatment. Education, empowerment, exercise, and manual therapy are all part of physical therapy, with the goals of improving function, quality of life, fitness, and movement. Join us online with Ann Frost for a candid discussion and practical support about pelvic floor strength, sexual health and incontinence during and after cancer treatment. Question and answer session to follow.



**Ann Frost, PT, CLT, WCS**  
Physical Therapist  
Specialist in Pelvic Health



**Thursday, February 10, 2022 • 5:30 p.m.**

Held virtually; please call Hearst Cancer Resource Center at 805.542.6234



# January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Knitting Group (SM) 2:00 pm Yoga 5:00 pm	<b>4</b> Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group 4:00 pm/5:45 pm	<b>5</b> Circuit Training (MHW) Art Therapy–Silk Scarf Painting (AG) 9:00 am Guided Meditation 5:00 pm	<b>6</b> Fight Against Falls Class (AG) Gentle Yoga (AG/SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Living with Advanced Cancer Support Group 6:00 pm	<b>7</b> Fight Against Falls Class (MHW)
<b>10</b> Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	<b>11</b> Lymphedema Prevention Exercise (MHW) Art Therapy–Origami (SM) 10:00 am Apoyo y Educación Para Personas con Cáncer 5:30 pm <b>PRESENTATION: Understanding and Coping with Stress 5:30 pm</b>	<b>12</b> Circuit Training (MHW) All Blood Cancers Support Group 1:00 pm Capacitar 3:00 pm	<b>13</b> Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)	<b>14</b> Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (AG) 1:00 pm
<b>17</b> Knitting Group (SM) 2:00 pm	<b>18</b> Lymphedema Prevention Exercise (MHW) Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm Breast Cancer Support Group 5:45 pm	<b>19</b> Circuit Training (MHW) Art Therapy–Silk Scarf Painting (AG) 9:00 am Metastatic Breast Cancer Support Group (SM) 1:00 pm	<b>20</b> Fight Against Falls Class (AG) Gentle Yoga (AG/SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Family Caregiver Support Group 5:30 pm Living with Advanced Cancer Support Group 6:00 pm	<b>21</b> Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) <b>PRESENTATION (SM): Permission for Self-Care 1:00 pm</b>
<b>24</b> Energy Balancing 11:00 am Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm	<b>25</b> Lymphedema Prevention Exercise (MHW) Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>26</b> Circuit Training (MHW) Family Caregiver Support Group (SM) 1:00 pm	<b>27</b> Fight Against Falls Class (AG) Gentle Yoga (AG/SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)	<b>28</b> 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
<b>31</b> Knitting Group (SM) 2:00 pm			<b>Key to locations of activities:</b> 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	

# February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 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	<b>2</b> Circuit Training (MHW)  Guided Meditation 5:00 pm	<b>3</b> Fight Against Falls Class (AG) Gentle Yoga (AG/SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)  Living with Advanced Cancer Support Group 6:00 pm	<b>4</b> Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Art Therapy–Intro to Watercolors (SM) 9:00 am
<b>7</b> Knitting Group (SM) 2:00 pm  Yoga 5:00 pm	<b>8</b> Lymphedema Prevention Exercise (MHW) HEAL Class (SM) 2:00 pm  SPOHNC, Santa Maria 3:30 pm  Breast Cancer Support Group 4:00 pm/5:45 pm  Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>9</b> Circuit Training (MHW)  All Blood Cancers Support Group 1:00 pm  Capacitar 3:00 pm	<b>10</b> Fight Against Falls Class (AG) Gentle Yoga (AG/SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) <b>PRESENTATION (SM): Spirituality During your Journey 5:00 pm</b>  <b>PRESENTATION: Sexuality and Intimacy 5:30 pm</b>	<b>11</b> Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (SM) 1:00 pm
<b>14</b>  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	<b>15</b> 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	<b>16</b> Circuit Training (MHW) Metastatic Breast Cancer Support Group (SM) 1:00 pm	<b>17</b> Fight Against Falls Class (AG) Gentle Yoga (AG/SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)  Living with Advanced Cancer Support Group 6:00 pm	<b>18</b> Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW)
<b>21</b> Knitting Group (SM) 2:00 pm	<b>22</b> Lymphedema Prevention Exercise (MHW)  Apoyo y Educación Para Personas con Cáncer 5:30 pm	<b>23</b> Circuit Training (MHW) Family Caregiver Support Group (AG) 1:00 pm	<b>24</b> Fight Against Falls Class (AG) Gentle Yoga (AG/SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)	<b>25</b> 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
<b>28</b>  Energy Balancing 11:00 am Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm				

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 us and the services we provide, so we can support your journey.

Mission Hope Cancer Center, SM

By appointment; 805.346.3402 English or 805.346.3406 Español

Mission Hope Cancer Center, AG

By appointment; 805.474.5302 English/Español

Hearst Cancer Resource Center, SLO

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

FEB 15; 9:00 AM

Favor de llamar a Hector Rodriguez al 805.346.3406 para una cita

JAN 11, 25 & FEB 8, 22; 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

JAN 21, 28 & FEB 4, 18, 25

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

JAN 11; 10:00 AM

Origami Class

FEB 4; 9:00 AM

Introduction to Watercolors: Birch Trees

Mission Hope Cancer Center, AG

JAN 5, 19; 9:00 AM

Silk Scarf Painting (2 part class)

Held onsite, class seatings are 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

JAN 24 & FEB 28; 3:00 PM

Reservation required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

JAN 24 & FEB 28; 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 16 for our Metastatic Breast Cancer Support Group.*

Mission Hope Cancer Center, SM

JAN 18 & FEB 15; 4:00 PM

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

JAN 4 & FEB 1; 4:00 PM

 Virtual/Zoom Meeting

Please call 805.346.3402 for details

JAN 4, 18 & FEB 1, 15; 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)

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



### ✧Capacitar Classes (Mindfulness)

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.

JAN 12 & FEB 9; 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**

JAN 5, 12, 19, 26 & FEB 2, 9, 16, 23

Reservation and assessment required; please call John Malinowski at 805.346.3413 (Santa Maria)

### 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.

JAN 10, 24 & FEB 14, 28; 11:00 AM



**Virtual/Zoom Meeting**

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

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

### Art Therapy Class: Introduction to Watercolors

Join Linda Denton at Mission Hope in Santa Maria 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.



**Friday, February 4, 2022 • 9:00 a.m. to 12:00 noon**

**Mission Hope Cancer Center, Santa Maria**

**Seating is limited and a reservation is 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**

JAN 26; 1:00 PM

**Mission Hope Cancer Center, AG**

FEB 23; 1:00 PM

Please call 805.219.HOPE (4673) SM/AG

### 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**

JAN 7, 14, 21, 28 &

FEB 4, 11, 18, 25

Reservation and assessment required; call John Malinowski at 805.346.3413

**Mission Hope Cancer Center, AG**

JAN 6, 13, 20, 27 &

FEB 3, 10, 17, 24

Reservation and assessment required; call John Malinowski at 805.474.5334

### ✧General Cancer Support Group

This support group offers an empowering setting where people learn to make active choices in their recovery, implement life changes, develop new attitudes, and forge meaningful personal connections.

**Hearst Cancer Resource Center, SLO**

JAN 11, 25 & FEB 8, 22; 1:00 PM

Please call 805.542.6234 for details

### 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**

FEB 1; 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.

JAN 5 & FEB 2; 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

Because nutrition and exercise go hand in hand with preventing and fighting cancer as well as leading an overall healthy life, Mission Hope is pleased to offer this monthly class for patients and survivors alike that features interesting topics on food and fitness designed to educate and motivate.

### Mission Hope Cancer Center, SM

FEB 8; 2:00 PM

Topic: Preventing Cancer through a Plant Based Diet and Exercise

Reservations required, please call 805.219.HOPE (4673)

## 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

JAN 13 & FEB 10; 2:00 PM

JAN 27 & FEB 24; 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

RESUMING SPRING 2022

## Living with Advanced Cancer Support Group

Informal meeting provides support for the specific needs of patients with advanced cancer.

JAN 6, 20 & FEB 3, 17; 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. Includes wardrobe tips to manage concerns such as infusion ports, mastectomy and reconstruction and more.



### Virtual/Zoom Meeting

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

## DISPONIBLE EN ESPAÑOL!

Favor de llamar para una cita a Cynthia Maldonado al 805.346.3466

## Lymphedema Evaluation

### Hearst Cancer Resource Center, SLO

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

## Lymphedema Prevention Exercise

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

JAN 4, 11, 18, 25 & FEB 1, 8, 15, 22

Reservation and assessment required; call John Malinowski at 805.346.3413

### Mission Hope Cancer Center, AG

JAN 6, 13, 20, 27 &

FEB 3, 10, 17, 24

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.

JAN 12 & FEB 9; 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 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

JAN 28 & FEB 25; 8:00 AM

Held onsite, the class seating is limited.

Reservation required; please call 805.219.HOPE (4673)

## 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

JAN 19 & FEB 16; 1:00 PM

Held onsite, class seating is limited. Zoom option available; please call 805.346.3402 to register to attend either venue

## 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

JAN 14, 28 & FEB 11, 25

By appointment: please call John Malinowski at 805.346.3413. 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

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

### 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** RESUMING SPRING 2022

**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

JAN 18 & FEB 15; 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.

JAN 17 & FEB 21; 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**

JAN 5, 12, 19, 26 & FEB 2, 9, 16, 23; 3:00 PM

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**

FEB 11; 1:00 PM

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

#### **Mission Hope Cancer Center, AG**

JAN 14; 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.

FEB 8; 3:30 PM



#### **Virtual/Zoom Meeting**

To register, call 805.219.HOPE (4673)

### Support for Pediatric Oncology Patients and their Families

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



#### **Virtual/Zoom Meeting**

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

### Surfing For Hope

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

### Tai Chi Chih

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

#### **Hearst Cancer Resource Center, SLO**

JAN 5, 12, 19, 26 & FEB 2, 9, 16, 23; 11:00 AM

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**

JAN 6, 13, 20, 27 &

FEB 3, 10, 17, 24

Please call John Malinowski at 805.474.5334 to reserve a spot.

A fitness assessment is required before attending

### 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**

JAN 3, 10, 17, 31 & FEB 7, 14, 21; 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. No experience required; please bring a yoga mat.

#### **Marian Health & Wellness Center, SM**

JAN 6, 20, 27 & FEB 3, 10, 17, 24

Reservation and assessment required, please call 805.346.3413

#### **Mission Hope Cancer Center, AG**

JAN 6, 13, 20, 27 &

FEB 3, 10, 17, 24

Reservation and assessment required, please call 805.474.5334

JAN 3 & FEB 7; 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

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Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:

Marian Cancer Care .....805.219.HOPE (4673)  
Marian PET/CT Center ..... 805.346.3470  
Radiation Oncology ..... 805.925.2529

SECOND FLOOR:

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 Oncology .....805.349.9393  
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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Behind Arroyo Grande Community Hospital



**Mission Hope Cancer Center, Arroyo Grande Phone Numbers**

- FIRST FLOOR:**  
Arroyo Grande Lab and Imaging.....805.474.5230  
(Office hours: 7:00 a.m. to 5:00 p.m.)
- THIRD FLOOR:**  
Cancer Resource Center ..... 805.474.5300  
Medical Oncology .....805.474.5310  
Mission Hope Infusion Center ..... 805.474.5325 or 805.474.5326



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



## WAYS TO CONNECT

# *Always My Valentine*

## Spirituality During Your Journey

Presented by: Dan McGill, Chaplain, Spiritual Care Department

MISSION HOPE CANCER CENTER, SANTA MARIA

**Thursday, February 10, 2022**  
**5:00 p.m.**

1325 East Church Street, Santa Maria

Seating is limited and a reservation is required;  
please call 805.219.HOPE (4673)

How can we stay in loving touch with those we love no matter what difficult circumstances we face? All human beings have an inner life which we call the spiritual dimension. We can do practical things to stay in touch with loved ones using this dimension of ourselves when words or conversation are not possible. This presentation will use stories and examples as well as listening to participants to explore the infinite ways we can stay in loving touch with our Valentines.

