

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

Marian Regional Medical Center awarded Women's Choice Award for Best Hospitals with recognition of our Breast Program

March/April 2022

APRIL IS HEAD AND NECK CANCER AWARENESS MONTH

Support for People with Oral and Head and Neck Cancer

Invites you attend a special presentation via Zoom:

Head and Neck Cancer Updates

Guest Speaker: Zachary VandeGriend, MD, ENT

**Tuesday, April 12 • 3:30 p.m.****Held virtually. Reservations required; please call 805.219.HOPE (4673)**

You are invited to join local expert Dr. VandeGriend as he discusses the latest information about head and neck cancers. Learn important updates in the prevention, diagnosis and treatment of these cancers. Dr. VandeGriend is board certified by the American Academy of Otolaryngology-Head and Neck Surgery. He specializes in facial plastic surgery and advanced nasal and sinus surgery. He is dedicated to employing up-to-date solutions in the care and treatment of conditions of the ear, nose, throat, head, neck and face.

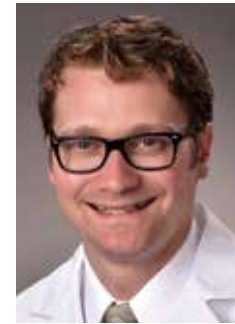
Get a free blender! Any oral/head/neck cancer survivor who attends this Zoom meeting will receive a blender.



Support for People with Oral and Head and Neck Cancer

ONGOING SUPPORT, INFORMATION AND ENCOURAGEMENT

The goal of this support group is to meet the specific emotional, physical and humanistic needs of oral and head and neck cancer patients, survivors and their caregivers. Educational presentations are given by qualified speakers along with general meetings that are used to update each other on our progress, brainstorm, and address anyone's questions, concerns or fears.



Zachary VandeGriend, MD

■ Board certified in otolaryngology and neck surgery, Dr. VandeGriend brings an impressive educational background to the Central Coast. He completed his medical school at Loma Linda University, attended residency in otolaryngology at Wayne State University and his fellowship in facial plastic and reconstructive surgery at Icahn School of Medicine at Mount Sinai. With his expertise in facial plastic surgery and nasal and sinus disease, Dr. VandeGriend has proven to be a wonderful addition to the community. We are pleased to welcome him as our guest speaker on April 12 at the Support for People with Oral, Head and Neck Cancer group. Join us!

**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

Constantine Melitas, MD
Advanced Gastroenterology

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

Cancer Care

That Goes the Distance

Although the Transport to Treatment Program was initiated before the COVID-19 pandemic, it has since become even more vital for cancer patients as they face increased risk of complications from COVID-19. The Transport to Treatment Program provides safe, comfortable and reliable transportation for local cancer patients to and from their many appointments at Mission Hope Cancer Center, Arroyo Grande.

Finding transportation to their countless appointments has always been a barrier for many cancer patients. A patient may be physically unable to drive or lack the means of transportation. Public transportation used to be an inconvenient and uncomfortable option, and now even poses a safety risk. In order to make the Transport to Treatment Program as safe as possible for each patient throughout the pandemic, only one passenger is transported at a time in Mission Hope Arroyo Grande's wheelchair-accessible van.

In 2021, 328 transports were provided to local cancer patients at Mission Hope Arroyo Grande. This program is made possible by community support. Thank you for your continued generosity.



Above: Mission Hope Cancer Center, Arroyo Grande's own Transport to Treatment van, made possible by community support

If you would like to help provide these services for local cancer patients, you are invited to make a gift at SupportArroyoGrande.org or call Arroyo Grande Community Hospital Foundation at 805.994.5421.



Save the date and start fundraising today!



Create or join a team



Make a donation



Sponsor the event

Day of Hope proceeds directly support:

- Patient Outreach Needs
- Equipment & Technology
- Programs & Services

SCAN ME

Marian Regional
Medical Center Foundation



Day of Hope: A benefit for Marian Cancer Care patients at Mission Hope Cancer Center

While many things have changed during the course of this pandemic, the cancer care team has never given up hope, and local cancer patients are counting on the support of the community. Year after year, this community continues to provide generous support to Mission Hope Cancer Center and to inspire local families, friends, and neighbors. Fortunately, it has never been easier to get involved with Day of Hope! You are invited to visit SupportMarianMedical.org/DayOfHope to learn more about how you can gift hope to local cancer patients today. Or, you may call the Marian Foundation at 805.739.3595.

Guardian Angel Honored at Mission Hope



Above, Dr. Dichmann poses for a photo with Graciela Ambrosio, Medical Assistant, following his Guardian Angel pinning ceremony.

At Mission Hope, we are proud of our team members who go above and beyond to provide compassionate care to our patients. Recently, two grateful patients recognized medical oncologist **Dr. Robert Dichmann** for delivering *humankindness* during their hour of need by making a gift in his name.



Guardian Angels
of Marian Regional Medical Center



The Value of Oncology Social Workers

SERVICES INCLUDE:

- One-on-one counseling
- Information and referral to community resources
- Facilitate support groups and educational programs
- Financial and co-pay assistance
- New patient orientation to Mission Hope
- Referral to Spiritual Care
- Advance Directive Assistance
- Resources on care and diagnosis
- Survivorship Plans

When a person is diagnosed with cancer, everyone's main focus is always the physical health of the person and rightly so, but people should never neglect the emotional issues associated with cancer. Oncology social workers understand these complex issues. They are passionate about helping patients with psychosocial, social, emotional, financial and spiritual issues. They are present with people and listen to needs and fears. In addition, they can also provide or assist with finding individual counseling.

It is important for patients and family members to know that Mission Hope Cancer Centers in Santa Maria and Arroyo Grande have social workers available to them free of charge, to assist with a wide range of challenges that people might be facing due to the cancer diagnosis.

The key to communicating with a social worker is simple: Meet one and ask for help with what you need. Be open and honest about the things in your life that you will need additional support for. The earlier in the diagnosis you meet them the more likely you are to benefit from the relationship. Call and set up an appointment today!



Kiersten Arnaudin, LCSW, OSW-C
Oncology Social Worker

Mission Hope Cancer Center, Arroyo Grande

■ **Kiersten Arnaudin** is a Licensed Clinical Social Worker and a Certified Oncology Social Worker at Mission Hope Cancer Center. Kiersten has worked with patients and families facing a broad range of medical and health challenges in diverse settings such as hospitals, skilled nursing facilities and community based agencies. Kiersten is available to provide short term counseling, offer referrals to essential community resources, and facilitate support groups and educational programs.

850 Fair Oaks Avenue, Suite 320
Arroyo Grande, California

805.474.5303



Katie Crafton, MSW, LCSW
Oncology Social Worker

Mission Hope Cancer Center, Santa Maria

■ **Katie Crafton** is a Licensed Clinical Social Worker with 12 years of experience in the social work field. She received her Bachelors of Science in Psychology from California Polytechnic State University, San Luis Obispo, and her Masters of Social Work at California State University, Fresno. She has worked in Public Child Welfare and in the hospital setting as a medical social worker. Katie considers it an honor to partner with cancer patients as they make decisions about their treatment.

1325 East Church Street, Suite 102
Santa Maria, California

805.346.3402

Benefits of Attending a Support Group

One of the many things that Mission Hope Cancer Center does well is provide support in varying forms to patients and their caregivers. This is because a strong support network can greatly reduce the stress of dealing with cancer. In this newsletter every month you can see the large number of activities/classes that are offered free of charge. Sad to say, many people have yet to personally experience one of these wonderful opportunities.

So why should you get out of your comfort zone and attend a group? A recent study looked at patients going through chemotherapy and found (like previous studies had) that there is an association between loneliness and mortality. Support groups bring people together who are going through similar experiences and this common ground can help take away the feelings of isolation and fill a gap between the medical treatment and the need for emotional support.

The common experiences of people in a support group mean that they may have similar feelings, worries and everyday struggles. Sometimes your experiences may benefit others in the group giving you a feeling of satisfaction helping others. And more often than not, someone else in the group fully understands your struggle and may be able to offer peer support and understanding, which may lead you to needed skills to cope with the challenges.

Other benefits of participating in groups may include:

- Feeling less lonely and isolated
- Reduction in distress and anxiety
- Staying motivated
- Gaining hope
- Learning about resources that are beneficial

The hardest part about attending a group is actually making the decision to go. Look at the latest newsletter and circle a few things that may interest you. If you have questions about the group or the format of it, please talk to Mission Hope staff. They can walk you through how the group is run and what you may gain from it. If you would be more comfortable bringing a friend or advocate with you the first time ask the staff if that is allowed. When joining a new group you may choose to only listen the first few times. After establishing connections with others you may find that contributing your own ideas and experiences may help you get more out of it. If you try one group and after a few weeks it doesn't feel like a good fit, feel free to try another. There are so many different types of groups and different formats to choose from! The majority of groups at Mission Hope are "activity" groups, which include exercise in varying forms, crafting, nutrition and lecture topics of interest to people coping with cancer. We found that this format is much less intimidating to people than the general support groups where the emphasis is on sitting around and talking, sharing feelings. However, we do include several groups with the sharing format.



Comments from support group attendees:

"This group is indispensable for support and needed information! The greatest."

"I always enjoy the information provided at these meetings."

"Thank you for doing this for all the cancer survivors! It's a blessing!"

Support groups come in all different forms but the common theme is when you are facing cancer, you don't need to face it alone. You will find a complete list of the selection of classes and groups for the next two months on pages 18-21. Check it out and try a group this week and see what you gain from it. You may be surprised.

Keep up with all our classes and programs at our website: www.missionhopecancercenter.com

We often hear from patients that they not sure when or how to talk with their loved ones about their cancer. Some even consider whether they want to share any news at all. Each person's situation and relationships are unique and there is no one-size-fits-all roadmap for these difficult conversations. But as humans, we know we need community and connection, and during this time of increased isolation due to the pandemic, fostering a supportive community during your cancer journey is more important than ever.



No one can go through cancer on their own; even if you don't have a close family of origin there are other ways to foster a chosen community

Some people debate about whether to share that they have cancer because they want to protect those that they love from pain or worry. Consider, if your loved one was in your shoes, would you want to know? Most would enthusiastically say, "yes!" They would do everything they could for their loved one if the tables were turned. You don't think of your loved ones as burden when they are in need, so likely that they don't feel this way about you asking for support either. Having support is critical for patients to help regain some normalcy, maintain emotional stability and ensuring that you've got an advocate on your side.

Talking with Loved Ones *About your Cancer*

Some aren't ready to talk about their diagnosis because saying the words out loud makes the cancer feel more "real." Patients often express that when they first get their diagnosis, it's hard to believe that this is happening to them. While you may not be ready to talk about what is happening right away, know that there is no right or wrong way and you can decide how much information you want to share. No one can go through cancer on their own; even if you don't have a close family of origin there are other ways to foster a chosen community through counseling, support groups and other community resources.

Talking about your situation is important so that people can know how to support you. This gives you a chance to let people know how you want (or don't want!) to be helped. At different points in your journey you may need different things. Sometimes you might appreciate a meal or someone doing errands, or just a shoulder to cry on. Sometimes you may want some space and want to let your loved ones know you don't feel like talking about cancer right now. It's also okay if you don't know what you "need," just letting your loved ones know what you're thinking can be powerful in and of itself.

If you have questions or would like more support around how to talk with your loved ones about your cancer, please don't hesitate to reach out to one of our licensed clinical social workers or your nurse navigator (see pages 22-23 of this newsletter). We're here to help create an individualized plan for you to get the support you need during your journey.

Osteoporosis is a common disease that makes your bones abnormally thin and weak. People with osteoporosis may break their bones easily—even by simply falling down at home. Breaking a bone can be serious, especially if the bone is in the hip. People who break a hip sometimes lose the ability to walk on their own; many of them end up in a nursing home with reduced quality of life.

The Importance of Bone Density Testing for Cancer Survivors

Osteoporosis does not cause symptoms until you break a bone. But your doctor or nurse can test you for it with a special kind of X-ray called the “DEXA test.”

Experts recommend bone density testing for women over 65. Women in this age group have the highest risk of osteoporosis, due to lower levels of estrogen, a female hormone to help maintain bone mass. Still, other at-risk populations—such as breast cancer patients taking aromatase inhibitors, prostate cancer patients taking medication to lower testosterone levels, patients on steroids for prolonged periods, and patients with certain diseases (e.g. multiple myeloma) that cause weakened bones—should get tested.

Fortunately, preventive measures are available to help maintain or increase bone density. These include eating a healthy diet, getting regular exercise, and avoiding smoking and drinking.

- An optimal diet for bone health involves adequate protein, calories, calcium, and vitamin D, all of which are essential to maintain proper bone formation and density.
- Experts recommend taking at least 1000-1200 mg of calcium per day, through food, beverages, and supplements. However, you should not take more than 2000 mg of calcium per day, unless specifically directed by your doctor, due to the possibility of side effects.
- It's recommended that most people consume 600-800 international units of vitamin D each day. This dose reduces bone loss and fracture rate in those with adequate calcium intake.
- Exercise can help to maintain your bone density, strengthen your muscles, improve your balance, and reduce the likelihood of falls that could lead to fractures or other injury. Most experts recommend exercising for at least 30 minutes three times per week. Many different types of exercise, such as weight training, jogging, jumping, and walking, are effective.
- Cigarette smoking is proven to increase the rate of bone loss. Similarly, drinking a lot of alcohol, especially more than two drinks a day, can increase your risk of fractures. Avoiding smoking and alcohol is important for your bone health.



Wei Bai, MD
Medical Oncology/Hematology

Osteoporosis does not cause symptoms until you break a bone. But your doctor or nurse can test you for it with a special kind of X-ray called the “DEXA test.”

Breast Imaging and Bone Densitometry Center (SM)

805.346.3490

Arroyo Grande Imaging
805.474.5230

ADVANCED TREATMENTS FOR CANCER

Mission Hope has been on the forefront of offering stereotactic treatments on the Central Coast, delivering these high-dose, short schedules of radiation therapy for nearly 10 years. As patients' outcomes improve with better systemic therapy such as immunotherapy or targeted therapies, the use of non-invasive procedures such as stereotactic radiation become increasingly important tools in the fight against cancer.

Stereotactic Radiotherapy at Mission Hope



Ben Wilkinson, MD,
FACRO
Radiation Oncology

Stereotactic radiation treatments are invisible, energy-based therapies that do not require any cutting or physical entry into the body.

When a cancer has been found to be limited to a single area of the body at initial diagnosis (Stages I, II, and III), cancer doctors focus on control of both the original “primary” tumor and also work to prevent spread to lymph nodes and other distant sites in the body. In some instances, when a patient has been found to have limited metastatic disease (limited Stage IV or oligometastatic state), we may also work together to control the few sites to which the cancer has spread. The reason for this is that research has shown that in some cases when each visible site of cancer is controlled, fewer distant sites develop and better overall control can be achieved.

In addition to systemic therapy (chemotherapy, immunotherapy), we control primary tumors and some distant cancer sites with other treatments including surgery, ablation, and stereotactic radiotherapy. While many types of tumors benefit from complete removal using surgery, there are times when surgery is either not safe or not possible. In these cases, where the location of the cancer makes the surgery higher risk or someone is not healthy enough to undergo surgery, other less invasive forms of tumor intervention may be possible. Through Mission Hope Cancer Center, we offer

high-dose, ultra-precise radiation that kills the tumor's ability to divide. This treatment is called Stereotactic Body Radiation Therapy (SBRT) or Stereotactic Ablative Body Radiation (SABR). Depending on the location, this type of treatment can sometimes be given in one single session. In this case, it is called Stereotactic Radiosurgery (SRS). At Mission Hope, eligible patients are able to receive all forms of stereotactic radiation therapy.

Typical areas of the body where we use stereotactic forms of radiation include the brain, lung, liver, adrenal glands, and bones. Different than surgery and ablations, stereotactic radiation treatments are invisible, energy-based therapies that do not require any cutting or physical entry into the body. In addition to being a newer, more precise form of treatment, additional advantages of this form of therapy include higher rates of disease control, as well as shorter total treatment schedules. The type of machine that we use for this treatment is called a TrueBeam linear accelerator.

If you or a loved one has been diagnosed with a cancer that either has not spread or has only spread to a few sites in the body, talk to your cancer doctor about whether stereotactic radiotherapy is something that might be helpful.

HANDS-ON CREATIVE ACTIVITIES

Class postponed from January is back!

Permission for Self-Care Class

Led by Barbara Hanneloré via Zoom



Friday, March 18 • 1:00 p.m.

Held virtually. Reservations required; please call 805.219.HOPE (4673)

Our theme 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 online 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.

■ **Facilitator Barbara Hanneloré** is a speaker and mentor and has been in the holistic health field for over 30 years, with training in Wellness Coaching and Expressive Arts. Join Barbara for this calming and creative hour.



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 elegant designs which are often symbols of hope.



MISSION HOPE CANCER CENTER, SANTA MARIA

**Tuesday, March 8
10:00 a.m.**

1325 East Church Street, Santa Maria

Introduction to Watercolor Painting



Led by Linda Denton, artist

Join us to learn how to paint from a palette, how to create textures and many of the tricks used by many professionals. This month we will work on techniques for painting grapes.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

**Wednesday, April 6
9:00 a.m.**

850 Fair Oaks Avenue, Third Floor, Arroyo Grande



Explore the Exotic Art of Silk Scarf Painting

Led by Linda Denton, artist and art teacher

Learn the techniques to produce vibrant imagery on silk with just water and dye

In this popular workshop, Linda shows how silk dyes are used to create beautiful works of art. Using water to move the dyes, the results produce a soft line and blended colors similar to water coloring. Participants have a choice of creating either a 30' x 30' square scarf or an 11' x 60' rectangular scarf. Wear clothing that you do not mind getting soiled and get ready for a morning of creative, hands-on FUN!

MISSION HOPE CANCER CENTER, SANTA MARIA

**Two Wednesdays: March 2 and 16
9:00 a.m. to 12:00 noon**

1325 East Church Street, Santa Maria

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

All tools and materials supplied. Please call Mission Hope Cancer Center to register at 805.219.HOPE (4673)

Mission Hope Cancer Center (both Santa Maria and Arroyo Grande locations) are the only centers on the Central Coast that have been offering the extraordinary technology of Lymphedema Index (L-Dex®) for over three years!

Early Detection of Lymphedema

What is lymphedema?

Lymphedema is a condition that can cause significant swelling of the arm or leg due to extra lymph fluid build-up in that part of the body. This can occur when the lymph system, which normally drains excess fluid, is damaged due to cancer therapies.

What is L-Dex technology?

The Lymphedema Index (L-Dex) is a measurement system that helps assess unilateral lymphedema of the arm or leg (swelling occurring in only one).

Why should a patient have an L-Dex measurement?

Lymphedema can occur any time following cancer treatment. Most occurs within the first two years following surgery, but it can develop as late as 10 years following cancer treatment. It is important to have regular L-Dex measurements to determine any potential swelling in your arms or legs.

Early detection of lymphedema is critical to aid in successful treatment and reversal of the condition. L-Dex measurements are a non-invasive and sensitive method to aid in the assessment and early detection of lymphedema of the limb.

L-Dex measurements taken prior to cancer treatments and at regular intervals subsequent to surgery can help your physician:

- Establish a baseline for what is “normal” for you
- Assess the early stages of lymphedema
- Show you how treatment or management is progressing
- Give you peace of mind

To find out if you are a candidate for L-Dex, please call one of our Mission Hope Oncology Nurse Navigators:

Santa Maria
805.346.3405

Arroyo Grande
805.474.5302

A major milestone in lymphedema research!

The final results of PREVENT, the largest randomized trial ever to assess lymphedema prevention.

Study Results:

- 92% of patients with early detection using L-Dex® and intervention did not progress to chronic lymphedema
- Significantly lower progression to chronic lymphedema with early detection using L-Dex and intervention versus tape measure

“[L-Dex] screening should be a standard approach for prospective breast cancer-related lymphedema surveillance.” —The PREVENT Trial



Since 2001 Hats for Hope has been raising funds which provides wigs and financial gifts to lift spirits and lighten the financial burden that a cancer diagnosis can bring.

Hats for Hope Gifting Program

Due to the overwhelming generosity of our Central Coast community, Hats for Hope was able to start a “Gifting Program,” whereby we give cash gifts to cancer patients on the Central Coast who are struggling financially due to their diagnosis and treatment.

To qualify for a gift from Hats for Hope:

- You must live between Santa Ynez and Paso Robles
- You must be currently going through cancer treatment(s)
- You must fill out and return by the deadline a nomination form (with a doctor’s signature) and a letter expressing your financial need. Nomination forms and letters can be written by the patient themselves or by a friend, colleague, or family member.

There are two rounds of gifting each year: one in the Summer and one in the Winter.

SPRING/SUMMER GIVING

Gifting nominations open: March 15

All nomination forms must be received by: May 31

Cash gift recipients notified, and gifts given by: July 31

Mission Hope Welcomes a New Oncology Nurse Navigator

Mindy Nelson, RN, BSN

Mindy is a Board Certified Registered Nurse with twenty years of experience in emergency and trauma medicine. She received her Associates of Science in Nursing at Allan Hancock College and then went on to complete her Bachelor of Science in Nursing from Grand Canyon University, graduating with honors. Her achievements also include obtaining the ONS/ONCC Chemotherapy Immunotherapy certification.

Mindy’s focus in medicine changed after both of her parents were diagnosed with cancer. She understands the challenges associated with complex diagnoses and treatments. This inspired her to become part of a team dynamic that would help navigate the patients through all phases of their cancer journey. Mindy embraces challenges and is dedicated to patient advocacy. She knows that this can be accomplished through continuing education and connecting patients to clinical and community resources, as well as providing support, empathy, respect, compassion, and maintaining autonomy.

Talk to our social worker or nurse navigator to apply for this program



Mindy Nelson, RN, BSN
Oncology Nurse Navigator

805.346.3441 (SM)
805.474.5302 (AG)



Eric Jahnke, MD
Santa Maria Gastroenterology
Medical Group

The esophagus is the muscular tube that connects the throat to the stomach. When we swallow the muscles push the food down the esophagus into the stomach. There is a valve (sphincter) at the junction of the esophagus and stomach that opens to allow the food to pass, then closes to prevent stomach acid and food from getting back into the esophagus (reflux). Early detection of esophageal cancer has proven difficult; however, there are warning signs to be on the lookout for and proactive lifestyle habits to consider.

Esophageal Cancer Explained

Esophageal cancer is a malignant tumor of the esophagus. It is rare in the United States accounting for 1% of all cancers. Worldwide it is the eighth most common cancer, frequently seen in East Asia. Smoking is a risk factor and likely accounts for the high incidence in China and certain populations in the US. Other factors include excessive alcohol consumption, chronic acid reflux disease, obesity, and diets high in processed meats and low in vegetables. Men are at higher risk (4x that of women), as are those greater than 55 years of age. With chronic reflux there can be a change in the lining of the esophagus, called Barrett's esophagus, that is associated with an increased risk of esophageal cancer.

Early detection has proven difficult. Worrisome symptoms include difficulty swallowing, painful swallowing, and unintentional weight loss. Early symptoms are common and non-specific: cough, hoarseness, chest pain. There are no routine screening recommendations for the general population. Screening is recommended for those with a strong family history, genetic predisposition, or with Barrett's.

There are two main types of esophageal cancer (determined by their microscopic appearance): Squamous cell carcinoma and Adenocarcinoma of the esophagus. Squamous cell carcinoma is associated with smoking and/or excessive alcohol consumption. It has been decreasing in frequency in the US over the past 30 years. It begins in the squamous cells of the esophagus. Adenocarcinoma of the esophagus is associated with smoking, reflux, and Barrett's. Over the past 30 years

it has become more common. It begins in the glandular tissue in the lower part of the esophagus where the esophagus and the stomach come together.

The body is constantly replacing tissue cells. In general, cancer begins when healthy cells develop changes (mutations) in their DNA. Healthy cells grow and divide in an orderly way to keep your body functioning normally. But when a cell's DNA is damaged cells can continue to divide forming a mass, called a tumor. Cancerous tumors can spread to other parts of the body.

Esophageal cancer is diagnosed by endoscopy; with the patient sedated, a fiber optic tube is inserted through the mouth into the esophagus. Biopsies are obtained. Additional studies address the extent of the disease. Treatment is determined by the staging, and includes: surgery, chemotherapy, and radiation therapy.

Gastroesophageal reflux (heartburn, regurgitation) is very common, and can increase the risk of esophageal cancer. Treatment of reflux with dietary changes and lifestyle changes can be effective, but commonly medication is required, such as H2 blockers (e.g. famotidine). Some patients require proton pump inhibitors (PPIs), such as omeprazole to control symptoms, PPIs are much stronger than H2-blockers. PPIs should be prescribed at the lowest dose, and for the shortest duration appropriate. Long term PPI use is associated with many potential side effects: risk of fractures, pneumonia, diarrhea, low magnesium, vitamin B12 deficiency, and worsening chronic kidney disease. There is concern for an increased risk of gastric cancer in patients treated with

With chronic reflux there can be a change in the lining of the esophagus, called Barrett's esophagus, that is associated with an increased risk of esophageal cancer.

Free community presentation:



Keval Shah, DO
Gastroenterology

Updates on Esophageal Cancer

Guest Speaker: Keval Shah, DO

You are invited to join us as local expert Dr. Shah discusses the latest information about esophageal cancer. Learn important updates in the prevention, diagnosis and treatment of esophageal cancer. Board certified in

Gastroenterology, Hepatology and Internal Medicine, Dr. Shah's interests include esophageal disorders and reflux disease and management. Session includes a question and answer period; bring your questions!

Thursday, April 28, 2022

5:00 p.m.

Mission Hope Cancer Center

1325 East Church Street, Santa Maria

Seating is limited and reservations are required.

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

Recipe to help with swallowing or mouth pain...

Banana Melon Smoothie

Switch up your typical fruit smoothie with melons! This smoothie has a mild, yet fresh flavor—helpful if you have mouth sores or difficulty swallowing. High in protein and fiber, the Banana Melon Smoothie is perfect for an afternoon snack or an on-the-go breakfast. Freeze extra melon and watermelon that you chop up to have on hand to make this smoothie easily another day!

TIP: If you cannot find frozen melon, you can use fresh and add a handful of ice to thicken the smoothie.

INGREDIENTS:

- 1 small banana
- 1 cup frozen watermelon
- 1 cup frozen cantaloupe
- 1 cup frozen honeydew melon
- 2 Tablespoons chia seeds (if tolerated)
- 1 cup whole milk*
- ½ cup vanilla Greek yogurt*
- Optional: 3 Tablespoons vanilla protein powder

DIRECTIONS:

1. Combine all ingredients in blender
2. Blend until smooth

Prep time: 5 minutes and Serves: 2

*The whole milk can be replaced with almond milk and use coconut or soy yogurt.

Esophageal Cancer Explained, continued

long term PPIs as opposed to H2-blockers; particularly among those with a history of H. pylori infection. The overall risk is increased, but the absolute risk of developing cancer is low.

We screen for Barrett's esophagus in patients with: hiatal hernia, age >50, male sex, chronic gastroesophageal reflux disease (GERD), White individuals, central obesity, cigarette smoking, or a history of Barrett's esophagus or esophageal adenocarcinoma in a first-degree relative. Among patients with Barrett's the risk of developing cancer is 30x that of the general population, but the absolute risk of developing cancer in patients with Barrett's metaplasia is also low. We treat virtually all patients with Barrett's esophagus indefinitely with a proton pump

inhibitor (PPI) based on studies that suggest aggressive anti-reflux therapy was associated with a decreased risk of esophageal adenocarcinoma. The goal of proton pump inhibitor use is to decrease inflammation and hopefully reduce the risk of esophageal cancer. Hence, long-term PPIs can be used after considering an individual's risk-benefit profile.

To reduce your risk of esophageal cancer:

- If you smoke: stop
- Avoid excessive alcohol consumption
- Limit diets high in processed meats
- Increase fruit and vegetables in your diet
- Avoid obesity
- Control acid reflux



John Malinowski, ATC, CET
Cancer Rehabilitation Program

Help reduce your risk of colon cancer by implementing a few lifestyle changes to achieve or maintain a healthy body weight. A healthy body weight is commonly measured by the Body Mass Index (BMI), a weight to height ratio. Generally, we want to have a BMI under 25. If you don't know your BMI and need some help ask your physician or Cancer Exercise Trainer.

Spring into Action with

Healthy Eating and Exercise Tips

Try a new fruit, vegetable, or whole grain product each time you shop for groceries

When spring time comes along, fresh and new ideas are brought to life. There are many ways to eat more healthfully and add more exercise to your life. Below are some ideas:

- At meals, fill half your plate with fruits and veggies
- Read food labels to help choose foods lower in saturated fat, sodium, and added sugars
- Eat seafood twice a week (salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury)
- Try having meatless meals made with plant-based proteins such as beans, tofu, and tempeh
- Try a new fruit, vegetable, or whole grain product each time you shop for groceries
- Walk more by parking farther away, walking to the store, or taking the stairs
- Make physical activity a regular part of your schedule by putting it on your calendar
- Join a group exercise class
- Find a workout buddy

HEAL: Healthy Eating and Activity for Living Support Group

TUESDAY, MARCH 8
2:00 p.m.

Topic:
Spring into Action with Healthy Eating and Exercise Tips

MHCC Conference Room
1325 East Church Street
Santa Maria

The class seating is limited; please register at 805.346.3413

You can use the above tips to help set goals that are SMART (specific, measurable, attainable, realistic, time-bound). For example, turn “I’m going to eat more plant based protein” into “Starting next week I will substitute meat with plant-based protein at dinner two days per week” or turn “I’m going to exercise more” into “Starting next week I will participate in yoga class every Monday and Wednesday.” Small steps will add up to create lasting, beneficial lifestyle changes.

We would love to have you attend our Healthy Eating and Activities for Living (HEAL) class to discuss these suggestions and answer your questions. The next HEAL class is Tuesday, March 8 in the conference room at Mission Hope in Santa Maria. Class size is limited so please call John Malinowski at 805.346.3413 to reserve your spot today.

Resources:

- <https://www.nhlbi.nih.gov/health/educational/wecan/get-active/activity-plan.htm>
- <https://www.nhlbi.nih.gov/health/educational/wecan/get-active/getting-active.htm>

STRENGTH – PURPOSE – GROWTH

No matter where we are now, each of us can move forward to create or recreate our life. Finding your inspiration, hope and support is so important during your cancer journey. Visioning what we want in life is one of the most important steps.

Vision Board Workshop

Tuesday, April 12 • 5:30 p.m.

Led by Lisa Ramos Murray, MA, BCC

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Registration is required.

Please call Mission Hope for a reservation: 805.219.HOPE (4673)

Visualization is one of the most powerful tools available in everyone's arsenal to achieve great success in life. The use of a vision board has been scientifically proven to increase the activity of visualization through our minds. A vision board is a fun and effective way to connect with our subconscious wants, desires and needs—and make them conscious! A vision board is simply a name for a collage or inspirational map we create from pictures, quotes, photos, vacation brochures, embellishments (glitter, stickers, etc.) The map can be WHO we want to be or HOW we want our lives to be but it's a visual representation of our goals and dreams—a powerful way to make our aspirations more tangible and attainable.

You are invited to explore the techniques and experience the benefits of creating your own vision board. Join us for a enjoyable evening of visual representation of our goals and dreams—a powerful way to make our aspirations more tangible and attainable.

A vision board can help people:

- Clarify who they are, what they want or where they're going
- Tap into their inner wisdom and inner knowing
- Create some focus or refocus themselves
- Simply get to know themselves better

■ **Lisa Ramos Murray, MA, BCC**, is a board certified life and parent coach who enjoys working with people who are either entering a new chapter in their life (life transitions) or just feeling “stuck” and ready to explore what they really want in life. Mission Hope is pleased to welcome Lisa back to teach the vision board workshop and share her valuable insights to help participants gain needed perspective for their next steps.



**Lisa Ramos Murray, MA,
BCC**
Board Certified Life Coach

**A vision board can
be a way of teaching
our mind to focus on
the things that are
important to us.**



March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Lymphedema Prevention Exercise (MHW)</p> <p> Breast Cancer Support Group 4:00 pm/5:45 pm</p>	<p>2</p> <p>Circuit Training (MHW)</p> <p>Art Therapy–Silk Scarf Painting (SM) 9:00 am</p> <p> Guided Meditation 5:00 pm</p>	<p>3</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>TRX Workouts (AG)</p> <p> Living with Advanced Cancer Support Group 6:00 pm</p>	<p>4</p> <p>Aquatic Exercise Class (AHC)</p>
<p>7</p> <p>Knitting Group (SM) 2:00 pm</p>	<p>8</p> <p>Lymphedema Prevention Exercise (MHW)</p> <p>Art Therapy–Origami (SM) 10:00 am</p> <p> General Cancer Support Group 1:00 pm</p> <p>HEAL Class (SM) 2:00 pm</p> <p> Apoyo y Educación Para Personas con Cáncer 5:30 pm</p>	<p>9</p> <p>Circuit Training (MHW)</p> <p>Learn Golf</p> <p> All Blood Cancers Support Group 1:00 pm</p> <p> Capacitar 3:00 pm</p>	<p>10</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>TRX Workouts (AG)</p>	<p>11</p> <p>Aquatic Exercise Class (AHC)</p> <p>Pelvic Floor Strengthening Class for Men (MHW)</p> <p>Soul Collage (AG) 1:00 pm</p>
<p>14</p> <p> Energy Balancing 11:00 am</p> <p>Knitting Group (SM) 2:00 pm</p>	<p>15</p> <p>Lymphedema Prevention Exercise (MHW)</p> <p> Pilates 9:00 am</p> <p>Breast Cancer Support Group (SM) 4:00 pm</p> <p> Breast Cancer Support Group 5:45 pm</p>	<p>16</p> <p>Circuit Training (MHW)</p> <p>Art Therapy–Silk Scarf Painting (SM) 9:00 am</p> <p>Metastatic Breast Cancer Support Group (SM) 1:00 pm</p>	<p>17</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>TRX Workouts (AG)</p> <p> Family Caregiver Support Group 5:30 pm</p> <p> Living with Advanced Cancer Support Group 6:00 pm</p>	<p>18</p> <p>Aquatic Exercise Class (AHC)</p> <p> PRESENTATION: Permission for Self-Care 1:00 pm</p>
<p>21</p> <p>Knitting Group (SM) 2:00 pm</p>	<p>22</p> <p>Lymphedema Prevention Exercise (MHW)</p> <p> Yoga 10:00 am</p> <p> General Cancer Support Group 1:00 pm</p> <p> Laughter Yoga 2:00 pm</p> <p> Apoyo y Educación Para Personas con Cáncer 5:30 pm</p>	<p>23</p> <p>Circuit Training (MHW)</p> <p>Learn Golf</p> <p>Family Caregiver Support Group (SM) 1:00 pm</p>	<p>24</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>TRX Workouts (AG)</p>	<p>25</p> <p>Pelvic Floor Strengthening Class for Men (MHW)</p> <p>Men's Cancer Support Group (SM) 8:00 am</p>
<p>28</p> <p> Energy Balancing 11:00 am</p>	<p>29</p> <p>Lymphedema Prevention Exercise (MHW)</p>	<p>30</p> <p>Circuit Training (MHW)</p> <p>Family Caregiver Support Group (SM) 1:00 pm</p>	<p>31</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>TRX Workouts (AG)</p>	

April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Key to locations of activities: Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully!</p> <p>=Zoom presentation</p> <p>AG=Mission Hope, Arroyo Grande AHC=Allan Hancock College, Santa Maria MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria</p>				<p>1 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW)</p>
<p>4 Knitting Group (SM) 2:00 pm</p>	<p>5 Lymphedema Prevention Exercise (MHW) Energy Balancing (SM) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am Breast Cancer Support Group 4:00 pm/5:45 pm</p>	<p>6 Circuit Training (MHW) Art Therapy–Intro to Watercolors (AG) 9:00 am All Blood Cancers Support Group 1:00 pm Guided Meditation 5:00 pm</p>	<p>7 Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Yoga (SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Living with Advanced Cancer Support Group 6:00 pm</p>	<p>8 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (SM) 1:00 pm</p>
<p>11 Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm</p>	<p>12 Lymphedema Prevention Exercise (MHW) General Cancer Support Group 1:00 pm SPOHNC, Santa Maria 3:30 pm Guest Speaker: Zachary VandeGriend, MD Apoyo y Educación Para Personas con Cáncer 5:30 pm Vision Board (SM) 5:30 pm</p>	<p>13 Circuit Training (MHW) Learn Golf Capacitar 3:00 pm</p>	<p>14 Fight Against Falls Class (AG) Gentle Yoga (SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)</p>	<p>15 Aquatic Exercise Class (AHC)</p>
<p>18 Knitting Group (SM) 2:00 pm</p>	<p>19 Energy Balancing (SM) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm</p>	<p>20 Family Caregiver Support Group (AG) 1:00 pm Metastatic Breast Cancer Support Group (SM) 1:00 pm</p>	<p>21 Gentle Yoga (SM) Living with Advanced Cancer Support Group 6:00 pm</p>	<p>22 Men's Cancer Support Group (SM) 8:00 am</p>
<p>25 Energy Balancing 11:00 am Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm</p>	<p>26 Lymphedema Prevention Exercise (MHW) Yoga 10:00 am General Cancer Support Group 1:00 pm Apoyo y Educación Para Personas con Cáncer 5:30 pm</p>	<p>27 Circuit Training (MHW) Learn Golf Family Caregiver Support Group (AG) 1:00 pm</p>	<p>28 Fight Against Falls Class (AG) Gentle Yoga (SM) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) PRESENTATION (SM): Updates on Esophageal Cancer 5:00 pm</p>	<p>29 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW)</p>

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

APR 5; 9:00 AM

Llame a Wendy al 805.346.3410 para una cita

MAR 8, 22 & APR 12, 26; 5:30 PM



Virtual/Zoom Meeting

Llame a Eloisa al 805.786.6130

Aquatic Therapy Class

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

Allan Hancock College, SM

MAR 4, 11, 18 & APR 1, 8, 15, 29

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

Art Therapy Class

Make art; melt stress! Offering art workshops that use varied art materials and techniques to help boost creative expression and promote relaxation. All tools and materials supplied. No previous experience necessary.

Mission Hope Cancer Center, SM

MAR 2, 16; 9:00 AM TO 12 NOON

Silk Scarf Painting (2 part class)

MAR 8; 10:00 AM

Origami Class

Mission Hope Cancer Center, AG

APR 6; 9:00 AM

Intro to Watercolors; Theme: Grapes

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

APR 25; 3:00 PM

Reservation required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

APR 25; 1:00 PM

Reservation required; call 805.474.5334

Breast Cancer Support Groups

Women gather to share valuable information and resources to manage the challenges a breast cancer diagnosis can bring. *See page 20 for our Metastatic Breast Cancer Support Group.*

Mission Hope Cancer Center, SM

MAR 15 & APR 19; 4:00 PM

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

MAR 1 & APR 5; 4:00 PM



Virtual/Zoom Meeting

Please call 805.346.3402 for details

MAR 1, 15 & APR 5, 19; 5:45 PM



Virtual/Zoom Meeting

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

Cancer Rehabilitation

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

Marian Health & Wellness Center, SM

Mission Hope Cancer Center, AG

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

🌟 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

MAR 2, 9, 16, 23, 30 &
APR 6, 13, 27

Reservation and assessment required;
please call 805.346.3413

Energy Balancing

Certified practitioners help promote relaxation, decrease stress and enhance well-being to patients.

Mission Hope Cancer Center, SM

APR 5, 19

Mission Hope Cancer Center, AG

APR 7

Reservation required; please call
805.219.HOPE (4673)

MAR 14, 28 & APR 11, 25; 11:00 AM



Virtual/Zoom Meeting

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

🌟 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

MAR 23; 1:00 PM

Mission Hope Cancer Center, AG

APR 27; 1:00 PM

Please call 805.219.HOPE (4673) SM/AG

Hearst Cancer Resource Center, SLO

MAR 3 & APR 7; 3:00 PM

Please call 805.542.6234 for details

Spring is here! Join us on the golf course.

Learn Golf

What better way is there to renew your spirit and forget your troubles than to get out in nature? Make plans now to join the group. We meet 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.

Wednesdays, March 9, 23 and April 13, 27

Monarch Dunes, Nipomo

Please call 805.346.3412 for details



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

APR 1, 8, 29

Reservation and assessment required;
please call 805.346.3413

Mission Hope Cancer Center, AG

APR 7, 14, 28

Reservation and assessment required;
please call 805.474.5334

🌟 General Cancer Support Group

Meetings begin with a stress reduction meditation followed by group discussion. All types of cancer diagnoses are welcome.

MAR 8, 22 & APR 12, 26; 1:00 PM



Virtual/Zoom Meeting

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

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

APR 19; 9:00 AM

Para obtener más información o ayuda,
favor de llamar Wendy al 805.346.3410

Guided Meditation Class

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

MAR 2 & APR 6; 5:00 PM



Virtual/Zoom Meeting

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

HEAL: Healthy Eating and Activity for Living

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

Mission Hope Cancer Center, SM

MAR 8; 2:00 PM

Topic: Spring into Action with Healthy Eating and Exercise Tips

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

MAR 10 & APR 14; 2:00 PM

MAR 24 & APR 28; 5:30 PM

Please call 805.542.6234 for details

DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

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

MAR 9, 23 & APR 13, 27

Please call 805.346.3413 for details

Living with Advanced Cancer Support Group

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

MAR 3, 17 & APR 7, 21; 6:00 PM



Virtual/Zoom Meeting

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

Look Good Feel Better Live!

Free workshops to help patients mitigate the appearance-related issues of cancer treatments. Topics include skincare and makeup (cosmetic kit included) and wigs/head coverings. 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

MAR 1, 8, 15, 22, 29 & APR 5, 12, 26

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

MAR 3, 10, 17, 24, 31 & APR 7, 14, 28

Reservation and assessment required; please call 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.

MAR 9 & APR 13; 1:00 PM



Virtual/Zoom Meeting

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

Men's Cancer Discussion Group

This group provides a 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

MAR 25 & APR 22; 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

MAR 16 & APR 20; 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

MAR 11, 25 & APR 8

Reservations required; please call 805.346.3413

Pilates for Survivors

Develop strength and flexibility with exercise geared towards the recovery from a cancer diagnosis. Combat fatigue, strengthen core muscles, and create a firm foundation.

Mission Hope Cancer Center, AG

RESUMING APRIL 2022

Call 805.474.5334 for details

MAR 15 & APR 19; 9:00 AM



Virtual/Zoom Meeting

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

Practicing Mindfulness with Capacitar Techniques

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.

MAR 9 & APR 13; 3:00 PM



Virtual/Zoom Meeting

Reservation required; please call 805.219.HOPE (4673)

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

Prostate Cancer Support Group

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

MAR 21 & APR 18; 6:30 PM

Hearst Cancer Resource Center, SLO

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

Qigong Class

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

Hearst Cancer Resource Center, SLO

MAR 2, 9, 16, 23, 30 & APR 6, 13, 20, 27; 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

APR 8; 1:00 PM

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

Mission Hope Cancer Center, AG

MAR 11; 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.

APR 12; 3:30 PM

Guest speaker: Zachary VandeGriend, MD, otolaryngology



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 805.786.6130 (Español) 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

MAR 2, 9, 16, 23, 30 & APR 6, 13, 20, 27; 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

MAR 3, 10, 17, 24, 31 & APR 7, 14, 28

Reservation and assessment required; please call 805.474.5334

Vision Board Workshop

A vision board is a collage or inspirational map created from pictures, quotes, photos, vacation brochures and/or embellishments. Hosted by Lisa Murray, MA, BCC

Mission Hope Cancer Center, SM

APR 12; 5:30 PM

Reservations required; please call 805.219.HOPE (4673)

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

MAR 7, 14, 21 & APR 4, 11, 18; 2:00 PM

Please call 805.219.HOPE (4673) to register

Yoga for Cancer Patients and Survivors

Yoga is practiced to reduce stress, restore health, and move the body in the direction of balance focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

☀Gentle Yoga

Marian Health & Wellness Center, SM

APR 7, 14, 21, 28

Reservation and assessment required, please call 805.346.3413

Mission Hope Cancer Center, AG

RESUMING MAY 2022

Please call 805.474.5334 for details

MAR 22 & APR 26; 10:00 AM



Virtual/Zoom Meeting

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

☀Laughter Yoga

Laughter yoga is a modern exercise involving prolonged voluntary laughter based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter. Hosted by Kathryn Cherkas, MPH

MAR 22; 2:00 PM



Virtual/Zoom Meeting

Reservations required; please call 805.219.HOPE (4673)

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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Mindy.Nelson@commonspirit.org

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

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Jonathan Tammela, MD, FACOG, Gynecologic Oncologist

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TURN TO US FOR ANSWERS ABOUT CANCER



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Arroyo Grande Lab and Imaging.....805.474.5230
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- THIRD FLOOR:**
Cancer Resource Center 805.474.5300
Medical Oncology805.474.5310
Mission Hope Infusion Center 805.474.5325 or 805.474.5326



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Mission Hope Cancer Center

TRY SOMETHING NEW!



Laughter Yoga Session

Hosted by Kathryn Cherkas, MPH, via Zoom

Laughter yoga is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter. Collectively, these practices are intended to help you laugh, let loose, and take yourself less seriously.



Tuesday, March 22 • 2:00 p.m.

Held virtually. Reservations required; please call 805.219.HOPE (4673)

The scientifically proven benefits of laughter:

Boosts Your Immune System

Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. It also stimulates the lymph system.

Lowers Stress

Laughter releases a rush of stress-busting hormones like epinephrine and dopamine. A good, hearty laugh from the belly also oxygenates your body and provides an emotional and physical release, removing tension and leaving your body relaxed.

Relieves Pain

Laughing can release endorphins, the body's natural pain killers, which can help ease chronic pain.

Gives Your Abs a Workout

Laughter can help you burn a few calories and tone your abs and diaphragm. Some experts say laughter is "internal jogging."

Protects Your Heart and Lungs

Laughter increases your heart rate and oxygen levels, which both improve the functioning of blood vessels and blood circulation. It can help to reduce blood pressure.

