

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

May/June 2022

MAY IS MELANOMA AND SKIN CANCER AWARENESS MONTH

If not identified at an early stage, melanoma has a high rate of morbidity and mortality. Skin cancer mindfulness begins with knowing your risk factors and how to avoid them—especially here on the sunny Central Coast!

Skin Cancer Mindfulness

The mainstay of surgical intervention and the newest immunotherapeutic innovations in oncology are improving the fight against melanoma. Nonetheless, the easiest way to live a life free of malignant melanoma is to never have it. The next best scenario is to catch it at its infancy. And each one of us has the power to make that happen.

Skin cancer mindfulness begins with mitigating risk factors. The most important example of avoiding a risk factor is protection from ultraviolet (UV) light. The challenge with sun prevention is, we live in San Luis Obispo and Santa Barbara Counties and we love being outside!

For this reason and others, both counties are a hot spot for melanoma, even compared to the rest of California. According to the California Cancer Registry, the average rate of invasive melanoma in San Luis Obispo County is almost twice as high as the rest of the state, and in Santa Barbara County one and a half times as high.

The medical professionals at Mission Hope are here to help with a plan of education, prevention and mindfulness that aims to decrease melanoma statistics. Your job is to protect and watch over your own body. We can help you find the clarity and certainty to do it. Please join us to learn more.



Johanna B. Moore, MD
Board Certified Anatomic,
Clinical and Dermatopathologist



Ben Wilkinson, MD, FACRO
Radiation Oncology

FREE COMMUNITY FORUM IN SANTA MARIA

Skin Cancer Mindfulness

Wednesday, May 25 • 5:00 p.m.

Guest speakers: Johanna Moore, MD, and Ben Wilkinson, MD

Melanoma is the most dangerous form of skin cancer, but when diagnosed early is almost always curable. Question and answer session included.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Reservations are required; call Mission Hope Cancer Center at 805.219.HOPE (4673)

**Gift
for attendees!**

**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

Navigating Every Step of the Way



From the first blow of receiving a cancer diagnosis throughout the difficult battle of treatment and recovery, the cancer journey is overwhelming. As cancer patients face a complicated and life-altering disease, the weight of excess stress can diminish their health and impede recovery. In order to relieve some of the burden for local cancer patients, Oncology Nurse Navigator **Lindsey Hughes, BSN, OCN, PHN**, is with them every step of the way to facilitate individualized care at Mission Hope Cancer Center, Arroyo Grande.

Lindsey is a compassionate and experienced nurse who meets with patients at the time of diagnosis and continues to guide them throughout their cancer journey. She provides communication and education, connects patients with healing resources, and even helps schedule appointments. This not only ensures each patient has timely and easy access to the care they need; it makes them feel that they're not alone. Lindsey said, "A lot of times we're meeting people on the worst day of their lives, but with their health care team and nurse navigator, they have the support they need to navigate the health care system as well as the treatment and healing process. We provide companionship, and we're able to connect them with resources that benefit them in all areas of their lives."

After being with the Mission Hope Cancer Center team for the past nine years in both Santa Maria and Arroyo Grande, Lindsey has a deep connection with the cancer patients and survivors in the community. During a recent trip to the grocery store, she was thrilled to run into a cancer survivor whose rigorous treatments had made it unlikely to have children, but was with her healthy three-year-old son. Lindsey said, "The patients we've cared for or their family members will often come back after several years to tell us what a difference the team has made in their cancer journey. It's a lifelong thing."

The Oncology Nurse Navigator at Mission Hope, Arroyo Grande is a service provided through the Cancer Care Fund, which relies on the generosity of the community for support. One hundred percent of every gift directly benefits patients at Mission Hope, Arroyo Grande. If you would like to help support this program, you can make a gift at SupportArroyoGrande.org or call 805.994.5421.

Meet our Day of Hope 2022 Ambassador...



■ Jessica Nunez and her son Jacob

Jessica Nunez

Jessica Nunez, a Santa Maria native, leads a very active life. She rarely slows down, whether hiking, going to the beach, working two jobs, or caring for her 15-year-old son, Jacob. Despite the face-paced life, Jessica diligently attended her standard annual woman wellness exams, no matter how busy she was.

Her life changed during her 2021 annual well woman exam appointment, what was supposed to be a routine check-up when her physician felt a lump. Further testing was ordered, including a biopsy and genetics, which revealed that the 36-year-old had stage 2 breast cancer (BRCA 1). A frightening moment, full of unknowns, tears, and confusion that Jessica will never forget.

Due to being diagnosed during the COVID-19 pandemic, Jessica found herself extremely limited on outlets to help keep her spirits intact. Fast forward to early 2022, and after six months of undergoing chemo treatments, a follow up MRI revealed further treatment was necessary; a double mastectomy emerged as the best path forward.

Jessica is on the road to recovery and is forever grateful for the service, kindness, and support she has experienced at Mission Hope Cancer Center. "Mission Hope helped me through this process by working very quickly to get me on treatment," shares Jessica. "The nurses at Mission Hope are very friendly, kind, and passionate about what they do. During my journey, I never felt alone."

As the 2022 Day of Hope Event Ambassador, Jessica would like to encourage all women to advocate for their health and their future. "Know your family history, see your doctor and be proactive about your health. Early detection will save your life!"



Create or join a team



Make a donation



Sponsor the event



SCAN to learn
more about
Day of Hope

Day of Hope

Wednesday, August 17, 2022

Please visit our website
SupportMarianMedical.org/DayofHope or call
805.739.3595 to learn
more about how you can
gift hope!

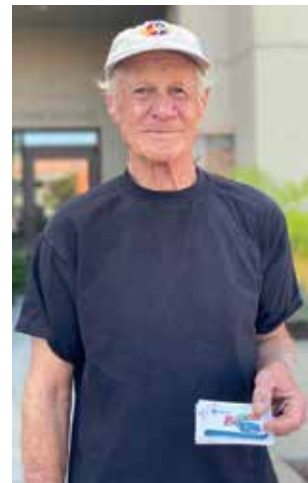


Supporting a Road to Recovery

Jim Gadsby (right) dropping off gas cards, and (below) with his beloved wife Deanna Kay Siffert, who lost her battle with cancer at age 48, holding their son David Siffert when he was young.

Jim Gadsby eases financial burden of transportation for local cancer patients

When Jim Gadsby's beloved wife of 20 years, Deanna Kay Siffert, was diagnosed with breast cancer, it became a financial struggle to get her to and from chemotherapy treatments for almost two years. Thanks to Mission Hope Cancer Center's patient transportation assistance program, made available through community donations, Deanna received gas cards that helped relieve the financial burden of traveling to and from their home in Arroyo Grande to Mission Hope's Santa Maria location.



To this day, Jim is deeply grateful for the financial assistance they received while Deanna was a patient at Mission Hope, as well as several other unexpected acts of genuine kindness by family, friends, and colleagues. After losing Deanna to breast cancer in 2019, Jim regularly honors her legacy, generous heart, and desire to support her community, by donating hundreds of dollars of gas cards every month to Mission Hope Cancer Center for patients in need.

"Everything is always expensive, especially with the increase in gas prices," says Jim. "You have to help others because life is hard."

While growing up, Jim was surrounded by family friends who regularly participated in community service; as a result, the desire to give back is instilled in him. During Jim's most recent visit to Mission Hope to deliver gas cards, he said, "Doesn't everybody do this?" which is a tribute to how giving back and helping others is part of his lifestyle. Thank you, Jim, for your acts of *humankindness*—a true inspiration to us all!

Celebrations are sweeter when shared

Is your birthday coming up? Please consider celebrating your big day with us this year by hosting a birthday fundraiser and sharing your gifts with local cancer patients at Mission Hope Cancer Center. Simply ask friends and family to donate in your honor in lieu of gifts. Then celebrate your special day knowing that you, your friends, and your family made a meaningful difference in the lives of so many.

Create your online birthday fundraiser in minutes by visiting:
<https://supportmarianmedical.rallybound.org/DonateYourBirthday-MissionHope>

For questions or assistance with your birthday fundraiser, please contact the Marian Foundation at 805.739.3595.

SCAN to learn more
about the online
Birthday Fundraiser



Today, an estimated 700,000 people in the United States are living with a primary brain tumor, and approximately 90,000 more will be diagnosed in 2022. While brain tumors can be diagnosed in children and young adults, the average age of those diagnosed with primary brain tumors is 61 years of age. Having a cancer that either starts in the brain or spreads to the brain can be a very troubling thought. Just like other cancers, however, Mission Hope Cancer Center has physicians that specialize in their treatment.

Central Nervous System Tumors

Seventy percent of brain tumors are considered benign or slow-growing. This category includes slow-growing masses that start in the lining of the brain called meningiomas. Many of these are found accidentally when a scan of the head is obtained for another reason. If a meningioma is small and away from the front or center of the brain, they may be able to be closely watched by Mission Hope doctors. More aggressive tumors include low-grade gliomas, which are abnormalities of the support cells within the brain. These are still relatively slow-growing, but have the potential to cause significant neurologic symptoms and require surgery to slow their progress. If aggressive features are found inside the tissue removed by the neurosurgeon, follow up radiation and/or chemotherapy may be needed even for low-grade gliomas. One of the more commonly discussed primary brain tumors that many people have heard of are high-grade gliomas, also called glioblastoma multiforme (GBMs). This is the tumor type that Senator John McCain, Beau Biden, and Senator Ted Kennedy were all diagnosed with during their battles with cancer. While GBMs are generally not felt to be curable, there are good treatments that slow them down and can often keep them from causing symptoms for sometimes several years.

A second category of brain tumors includes cancers that spread from other parts of the body to the brain, which are called brain metastases (or secondary brain tumors). Because cancer is a frequent condition, brain metastases are much more common than primary brain tumors. This means that if someone tells you that a friend or relative has a “brain tumor”, they likely mean that they have a cancer growth inside the brain that started in another part of the body. The most common primary cancers that spread to the brain are lung cancer, breast cancer, melanoma of the skin, kidney cancers, and colorectal cancers. Although most patients with diagnosed with cancer will not develop spread of their disease to the brain, any patient who has been diagnosed with one of these types of cancer who has frequent or recurring headaches should tell their doctor about their symptoms to make sure that something serious is not going on.

One of the exciting developments in this area of medicine is that researchers are discovering that many of these tumors have special receptors or gene mutations that can be targeted by systemic therapies. While we still use neurosurgery and radiation therapy when needed, being able to give a patient medicine that helps both cancer in the brain and other parts of the body at the same time is a significant step forward. When radiation therapy is needed, Mission Hope has the latest form of conventional radiation equipment called volumetric arc therapy (VMAT) to treat the areas inside the brain while sparing other important structures.

If you or a loved one has been diagnosed with a tumor in the brain, please reach out to your community’s cancer center, Mission Hope. We are here to help!



**Ben Wilkinson, MD,
FACRO**

Radiation Oncology

One of the exciting developments in this area of medicine is that researchers are discovering that many of these tumors have special receptors or gene mutations that can be targeted by systemic therapies.

**Radiation Oncology
805.925.2529**



**Constantine
Melitas, MD**

Gastroenterology
Advanced Therapeutic/
Interventional Endoscopy

In recent years, EUS has also been used as a therapeutic procedure, such as providing a targeted radiation therapy with the placement of fiducials into nearby organs.

Since it was first developed in the 1990's, endoscopic ultrasound (EUS) has been a key tool in the world of gastroenterology and was mainly used as a diagnostic procedure initially. It is a minimally invasive endoscopic procedure which involves using a special endoscope called an echoendoscope which has an ultrasound probe at the tip. Learn more below.

The Uses for Endoscopic Ultrasound

While the probe sits within the lumen of the GI tract, ultrasound is used to see through the mucosal layer to evaluate the deeper layers of the GI tract or structures which are outside of the GI tract but are in close proximity. EUS can help assess how deep a lesion of the GI tract penetrates but also allows us to obtain deeper biopsies by guiding a needle into lesions which may arise from deeper layers of the GI tract as mucosal biopsies are often non-diagnostic for submucosal lesions. Similarly, we can use EUS to guide a needle to biopsy structures outside of the GI tract such as the pancreas, liver, bile duct, and mediastinal, abdominal, or peri-rectal/pelvic lymph nodes. EUS is the most detailed study when it comes to examining the GI tract, biliary system, and pancreas. It can detect masses or cysts of the pancreas which are often not detected on cross-sectional imaging studies such as CT or MRI.

In recent years, EUS has also been used as a therapeutic procedure, especially since the development of lumen apposing metal stents (LAMS). LAMS are metal mesh stents which are coated in plastic and are dumbbell shaped. EUS is used to facilitate placement of these LAMS to connect the lumen of the GI tract to the lumen of a nearby organ or structure. They are commonly used for the creation of an endoscopically created cystgastrostomy for drainage of pancreatic pseudocysts and to facilitate endoscopic necrosectomy for debridement of walled off pancreatic necrotic collections. Most recently, the FDA has approved the use of LAMS for EUS-guided gallbladder drainage where the stomach or duodenum are connected to the gallbladder

lumen and allows the gallbladder to drain into the GI tract. This is as an alternative to percutaneous drainage and does not require patients to live with an external drain. These EUS guided stents can also be used to drain the common bile duct or can serve as a conduit to access other parts of the GI tract in surgically altered anatomy to facilitate other endoscopic procedures such as ERCP in patients with Roux-en-Y gastric bypass where the excluded stomach can be accessed through the gastric pouch in order for ERCP to be performed in a more traditional manner anatomically. LAMS can be used to connect the stomach to the jejunum for creation of a gastrojejunostomy in order to bypass the duodenum in the setting of a malignant obstruction. EUS can also be used to help provide more targeted radiation therapy with the placement of fiducials into nearby organs, especially the pancreas.

Here at Marian Regional Medical Center we are proud to offer our patients the most cutting edge technology in the field of Advanced Therapeutic Endoscopy including luminal and biliary radiofrequency ablation, endoscopic mucosal resection, ERCP, cholangioscopy/pancreatocopy, intraductal electrohydraulic lithotripsy, full thickness endoscopic resections, luminal stenting, endoscopic suturing, fistula and surgical leak repair, endobariatric procedures (including intragastric balloon placement, revisions of dilation of gastric outlets, dilation of sleeve gastrectomies), as well as the latest technologies in diagnostic and therapeutic EUS in order to meet our patients' needs while keeping them close to their own home.

New Talent and Technology at Mission Hope

Please welcome

Constantine Melitas, MD

Gastroenterology and Advanced Therapeutic/Interventional Endoscopy

Marian Regional Medical Center is pleased to share that the Marian Foundation recently funded \$750,000 for the acquisition of advanced gastroenterology medical equipment. In conjunction with the expertise of Dr. Melitas, Mission Hope in Santa Maria now offers a new level of advanced diagnostic and therapeutic care for central coast residents and their families.

- Dr. Melitas earned his Medical degree from Spartan Health Sciences University and is Board Certified in Gastroenterology and Internal Medicine
- He completed an Advanced Therapeutic Endoscopy Fellowship at University of Illinois at Chicago and a Gastroenterology Fellowship at Michigan State University
- As an advanced therapeutic endoscopist, Dr. Melitas has been trained to manage many complex gastrointestinal, pancreatic, biliary, and liver diseases endoscopically

PROCEDURES PERFORMED:

- Colonoscopy
- Esophagogastroduodenoscopy (EGD)
- Endoscopic Retrograde Cholangiopancreatography (ERCP)
- Endoscopic Ultrasound (EUS) for both diagnostic and therapeutic purposes
- Cholangioscopy and Pancreatocopy
- Endoscopic Suturing
- Endoscopic Mucosal Resection (EMR) and Large Polypectomy
- Luminal and Lumen Apposing Stent Placement
- Endobariatric Procedures (including placement of intragastric balloons, revisions of previous bariatric surgeries (Transoral Gastric Outlet Reduction (TORe) for Roux-en-Y gastric bypass outlet revisions, gastric pouch revision, gastric sleeve revision, gastric sleeve dilation, and more)
- Biliary and Intraluminal Radiofrequency Ablation
- Biliary and Pancreatic Electrohydraulic Lithotripsy (EHL)

Constantine Melitas, MD, Advanced Gastroenterology

Mission Hope Cancer Center, Surgical Oncology, Second Floor

805.434.5530

SUPPORT HEALING WITH PROPER NUTRITION



Kylie Conner, RDN
Registered Dietitian
Nutritionist

Unstable molecules in our bodies have the potential to damage healthy molecules and DNA. But simple lifestyle practices can help to reduce their impact.

While you may have heard the term free radical thrown around in the past, the majority of us are unsure what it actually means. We just know it sounds bad! Because the connection between free radicals and cancer is so clear, perhaps we should be taking a closer look at what these are and how to reduce the amount of them in our bodies.

Fighting Oxidative Stress with Nutrition and Exercise

Simply put, free radicals are unstable molecules our bodies naturally produce. Because they are unstable, they have the potential to damage healthy molecules and DNA. Oxidative stress refers to the amount of free radicals present in our body compared to the amount of antioxidants available. This is important to measure because antioxidants have the ability to clear free radicals from our system. This means that when we have high levels of oxidative stress, we have too many free radicals and not enough antioxidants!

So how can we correct this common imbalance? There are a few simple dietary and exercise practices that can help you reduce your oxidative stress. Start implementing some of these dietary and lifestyle changes today to support healthy levels of oxidative stress in your body.

If you have questions or would like helpful strategies to upgrade your diet or exercise regimen, Mission Hope offers nutritional counseling by appointment with our Registered Dietitian Nutritionist Kylie Conner; please call 805.346.3403.



Nutrition

- Increasing antioxidant rich foods (primarily brightly colored fruits and vegetables) neutralizes free radicals
- Focus on eating a diet that is rich in a variety of different plant-foods (fruits, vegetables, nuts, seeds, legumes)
- Choose high quality, unprocessed meats
- Reduce alcohol intake
- Avoid refined seed oils (sunflower, canola, safflower, cottonseed)
- Reduce refined sugars and carbohydrates (added sugars, white flour, white rice) and include whole grains instead (quinoa, whole grain bread, brown rice, whole grain cereals and crackers)

Exercise

- Regular exercise counteracts many of the negative effects caused by free radicals
- *Moderate exercise* may be better than exhaustive exercise when it comes to reducing oxidative stress
- It is important to schedule some low intensity exercise bouts—such as yoga, tai-chi, gentle stretching or walking—into your regular exercise routine
- Consistency is key. Exercising on a regular basis helps our body adapt to oxidative stresses



Introducing

Kylie Conner, Registered Dietitian Nutritionist

Kylie is a health and wellness enthusiast who has a passion for helping the body heal from within. Her “food is medicine” mentality began in childhood as she watched loved ones take control of their chronic illnesses through dietary and lifestyle changes and felt empowered. This ultimately drove her to seek out a formal education in nutrition.

Kylie completed her BS in General Dietetics at California State University Chico while graduating with honors. She then went on to complete a rigorous dietetic internship through the Department of State Hospitals, Atascadero while simultaneously starting her own private practice business. In this clinical setting, she was exposed to the rewarding realm of Oncology Dietetics and fell in love with both the patients and the science involved. Kylie finds working with this patient population to be among the most rewarding fields for a nutrition professional and is excited to begin a lifelong journey as an Oncology Dietitian.

Make these nutritious bars to have on hand for an easy on-the-go breakfast or dessert.

Antioxidant-Packed Snack Bars

INGREDIENTS:

- 1 medium Banana, fresh
- 1 cup, unfrozen Blueberries, frozen
- 1 oz Just Black Cherry Juice
- 2 tbsp *Flax Seed Meal (ground flax)
- 0.25 cup Craisins
- 1 cup Old-Fashioned Rolled Oats
- 0.5 oz Walnuts
- 0.5 oz Sunflower Seeds



INSTRUCTIONS:

Preheat oven to 350 degrees F.

Mash banana in a large bowl. Add remaining ingredients and mix thoroughly.

Lightly wipe an eight inch square baking pan with a small amount of olive oil. Spread mixture into pan. Bake for 25 minutes. Cool on wire rack and cut into bars.

Refrigerate any leftover bars.

Yields 8 servings



John Malinowski, ATC, CET
Cancer Rehabilitation Program

Add some colorful vegetables to your meals; you'll get more vitamins, minerals and phytonutrients

HEAL: Healthy Eating and Activity for Living Support Group

TUESDAY, MAY 10
2:00 p.m.

Topic: Fighting Oxidative Stress with Nutrients and Exercise

TUESDAY, JUNE 14
2:00 p.m.

Topic: Mix Up your Routine through Nutrition and Exercise

MHCC Conference Room
1325 East Church Street
Santa Maria

The class seating is limited; please register at 805.346.3413

We all can get caught up in the same old routine if we don't take intentional steps to break up the monotony life can bring. Let's look at a few ways to shake things up with food and exercise.

Mixing up Your Routine
Through Nutrition and Exercise

It is important to eat a variety of foods. If we eat the same foods day in and day out we are limiting the nutrients we are providing our body. One of the macronutrients in our food is protein which is commonly found in meats, dairy, poultry, nuts and seeds. A few other alternatives you can try are:

Green Peas	1 Cup cooked	8 Grams protein
Oats	½ Cup cooked	5 Grams protein
Lentils	½ Cup cooked	12 Grams protein
Edamame	1 Cup cooked (no shell)	18 Grams protein
Beans (various types)	½ Cup uncooked	6 to 9 Grams protein
Tempeh	3 oz.	15 Grams protein

Another way to vary your routine is by trying to add some color to your meals. When we add more color through fresh vegetables we are adding various vitamins, minerals and phytonutrients to our meal. You can even add color to your plate by having purple potatoes. They are high in anthocyanin, a specific antioxidant which may be linked to lower rates of some cancers.

If you are in an exercise funk or can't remember the last time you actually did some exercise it's time to change up your routine. For many people getting started is hard! Let me suggest you start by developing a plan. Choose a type of exercise you have enjoyed in the past or one that sounds interesting to you. Pick a specific day and time you will perform this activity, if possible with someone you know to help keep each other accountable. If you are just starting out be sure to keep your intensity level low to moderate to lower the risk of injury. If you have been participating in a regular exercise routine but your workout is leaving you unfulfilled, try an exercise class you have never tried or maybe a totally different mode of exercise than you typically perform. If you like to workout in the gym, try getting outside and go hiking, biking, kayaking, surfing, or try playing pickleball.



If you need help mixing up your nutritional or exercise routine come join us for one of our Healthy Eating and Activities for Living (HEAL) classes in the conference room at Mission Hope. Space is limited so reserve your spot today by calling John Malinowski at 805.346.3413 or Kylie Conner at 805.346.3403.

STRENGTHEN THE BODY, MIND AND SPIRIT

Mission Hope invites you experience the joys and benefits of movement. Join a class that interests you to try a new mode of exercise and start feeling better!

Barre Class in Arroyo Grande

Barre is a low impact fitness practice that is suitable for all ages. Combining classic ballet dance movement with yoga and Pilates, it increases strength and flexibility through a series of stretching and micro movements. Barre incorporates the use of a ballet barre, body weight, light weight, resistance bands and other optional props. Focusing on core, thigh and glute work, each series can be layered to challenge or modified to adjust to personal levels. A perfect beginning or addition to your current exercise routine. Join us for this new, fun one hour class.

Instructor: Lindsey Hughes, RN, OCN

Thursdays, May 5, 12, 19, 26 & June 2, 9, 23, 30

Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue, Arroyo Grande

A fitness assessment is required to attend this class. To schedule your fitness assessment and reserve a spot, please call John Malinowski at 805.474.5334

New classes!



Lindsey Hughes, RN, OCN

■ Lindsey Hughes has long worked to provide treatment, support, and laughter to cancer patients. She enjoys teaching fitness classes to this population.



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

Gentle Yoga Classes

These gentle yoga classes incorporate 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. No previous yoga experience required and beginners are encouraged to join.

Instructor: Maribel Alesna, ERYT, C-IAYT

Thursdays, May 5, 19, 26

Marian Health and Wellness Center, Santa Maria

1207 East Main Street, Santa Maria

Instructor: Maria Moraga

Mondays, May 2, 9, 16, 23 & June 6, 13, 27

Instructor: Lindsey Hughes, RN, OCN

**Thursdays, May 5, 12, 19, 26 &
June 2, 9, 16, 23, 30**

Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue, Arroyo Grande

Please call John Malinowski at 805.346.3413 or 805.474.5334 to reserve a spot

The practice of yoga strengthens the body, combats uncomfortable side effects of treatment, and reduces anxiety and stress.

■ Maria Moraga has been practicing yoga since 2012 and teaching since 2016. Maria says, "Yoga has taught me to slow down and re-center my life."



Maria Moraga

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Gentle Yoga (AG) Knitting Group (SM) 2:00 pm	3 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm/5:45 pm	4 Circuit Training (MHW) Art Therapy–Acrylic Art (SM) 9:00 am  Guided Meditation 5:00 pm	5 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)  Advanced Cancer Support Group 6:00 pm	6 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW)
9 Gentle Yoga (AG)  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	10 Lymphedema Prevention Exercise (MHW) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am  General Cancer Support Group 1:00 pm HEAL Class (SM) 2:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm	11 Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm  Capacitar 3:00 pm	12 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)	13 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (AG) 1:00 pm
16 Gentle Yoga (AG) Knitting Group (SM) 2:00 pm	17 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW)  Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm  Breast Cancer Support Group 5:45 pm	18 Circuit Training (MHW) Art Therapy–Acrylic Art (AG) 9:00 am Metastatic Breast Cancer Support Group (SM) 1:00 pm	19 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)  Family Caregiver Support Group 5:30 pm  Advanced Cancer Support Group 6:00 pm	20 Fight Against Falls Class (MHW) Spiritual Awareness (SM) 11:00 am
23 Gentle Yoga (AG)  Energy Balancing 11:00 am	24 Lymphedema Prevention Exercise (MHW)  General Cancer Support Group 1:00 pm	25 Circuit Training (MHW) Learn Golf Family Caregiver Support Group (AG) 1:00 pm PRESENTATION (SM): Skin Cancer Mindfulness 5:00 pm	26 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Men's Cancer Support Group (SM) 9:00 am	27 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
30 Office closed: Memorial Day	31 Lymphedema Prevention Exercise (MHW)			

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key to locations of activities: Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully! =Zoom presentation AG=Mission Hope, Arroyo Grande AHC=Allan Hancock College, Santa Maria MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria		1 Circuit Training (MHW) Art Therapy–Creative Doodling (SM) 9:00 am Guided Meditation 5:00 pm	2 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Advanced Cancer Support Group 6:00 pm	3 Fight Against Falls Class (MHW)
6 Gentle Yoga (AG) Knitting Group (SM) 2:00 pm	7 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am Breast Cancer Support Group 4:00 pm/5:45 pm	8 Circuit Training (MHW) Learn Golf All Blood Cancers Support Group 1:00 pm Capacitar 3:00 pm	9 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)	10 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (SM) 1:00 pm
13 Gentle Yoga (AG) Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	14 Lymphedema Prevention Exercise (MHW) Art Therapy–Origami (SM) 10:00 am General Cancer Support Group 1:00 pm HEAL Class (SM) 2:00 pm Apoyo y Educación Para Personas con Cáncer 3:00 pm SPOHNC, Santa Maria 3:30 pm Guest Speaker: Kylie Conner, RD	15 Circuit Training (MHW) Art Therapy–Creative Doodling (AG) 9:00 am Metastatic Breast Cancer Support Group (SM) 1:00 pm PRESENTATION (SM): Survivorship Care 5:00 pm	16 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG) Advanced Cancer Support Group 6:00 pm	17 Aquatic Exercise Class (AHC) Fight Against Falls Class (MHW) Spiritual Awareness (SM) 11:00 am
20 Knitting Group (SM) 2:00 pm	21 Energy Balancing (SM) Pilates 9:00 am Breast Cancer Support Group (SM) 4:00 pm Breast Cancer Support Group 5:45 pm	22 Family Caregiver Support Group (SM) 1:00 pm	23 Barre Exercise Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) Men's Cancer Support Group (SM) 9:00 am	24
27 Gentle Yoga (AG) Energy Balancing 11:00 am Acupuncture (AG) 1:00 pm Acupuncture (SM) 3:00 pm	28 Lymphedema Prevention Exercise (MHW) General Cancer Support Group 1:00 pm	29 Circuit Training (MHW)	30 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) TRX Workouts (AG)	

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; 805.219.HOPE (4673) or 805.346.3410 Español

Mission Hope Cancer Center, AG

By appointment; 805.474.5303 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

MAY 10; 9:00 AM
Llame a Wendy al 805.346.3410 para una cita

MAY 10 & JUN 14; 3:00 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

MAY 6 & JUN 17
Reservation and assessment required; please call 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

Art Therapy Class

Offering art workshops that use varied art materials and techniques to help boost creative expression and promote relaxation. Materials supplied; No experience necessary.

Mission Hope Cancer Center, SM

MAY 4; 9:00 AM
Acrylic Art

JUN 1; 9:00 AM
Creative Doodling

JUN 14; 10:00 AM
Origami Class

Mission Hope Cancer Center, AG

MAY 18; 9:00 AM
Acrylic Art

JUN 15; 9:00 AM
Creative Doodling

Held onsite, class seatings are limited.
Reservations 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

JUN 27; 3:00 PM
Reservations required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

JUN 27; 1:00 PM
Reservations required; call 805.474.5334

★Barre Exercise Class

Combining classic ballet dance movement with yoga and Pilates, Barre exercises increase strength and flexibility through a series of stretching and micro movements. This low impact fitness practice is suitable for all ages and abilities.

Mission Hope Cancer Center, AG

MAY 5, 12, 19, 26 &
JUN 2, 9, 16, 23, 30
Reservation and assessment required; please 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 or our Metastatic Breast Cancer Support Group.*


Mission Hope Cancer Center, SM

MAY 17 & JUN 21; 4:00 PM
Held onsite, class seating is limited. Please call 805.346.3402 to reserve your spot

MAY 3 & JUN 7; 4:00 PM

 **Virtual/Zoom Meeting**
Please call 805.346.3402 for details

MAY 3, 17 & JUN 7, 14; 5:45 PM

 **Virtual/Zoom Meeting**
Please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

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

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
MAY 4, 11, 18, 25 & JUN 1, 8, 15, 29
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
MAY 3, 17 & JUN 7, 21

Mission Hope Cancer Center, AG
MAY 5, 19 & JUN 2, 16

Reservations required. Please call 805.219.HOPE (4673) SM/AG

MAY 9, 23 & JUN 13, 27; 11:00 AM



Virtual/Zoom Meeting

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

Join us for a new interactive class

Spiritual Awareness and Mindfulness

Former Dignity Health Chaplain Elizabeth Hillis will guide participants in discovering a personal spirituality and in trusting the reliability of reality starting where you are right now.

Fridays, May 20 and June 17 • 11:00 a.m.

Mission Hope Cancer Center, Santa Maria

Reservations required; 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
JUN 22; 1:00 PM

Mission Hope Cancer Center, AG
MAY 25; 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
MAY 6, 13, 20, 27 & JUN 3, 10, 17
Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG
MAY 5, 12, 19, 26 &
JUN 2, 9, 16, 30
Reservation and assessment required; please call 805.474.5334

★General Cancer Support Group

Meetings begin with a stress reduction meditation followed by group discussion.

MAY 10, 24 & JUN 14, 28; 1:00 PM



Virtual/Zoom Meeting

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

★Gentle Stretching for Beginners

This class is especially for those who need basic instruction and may feel intimidated to take an exercise class. We are here to support your healing goals no matter your fitness level; progress is possible!

Mission Hope Cancer Center, AG
MAY 5, 12, 19, 26 &
JUN 2, 9, 16, 23, 30

Reservation and assessment required; please call 805.474.5334

Grupo de Apoyo Para Hombres con Cáncer

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

Mission Hope Cancer Center, SM
JUN 7; 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.

MAY 4 & JUN 1; 5:00 PM



Virtual/Zoom Meeting

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

HEAL: Healthy Eating and Activity for Living

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

Mission Hope Cancer Center, SM

MAY 10 & JUN 14; 2:00 PM

May topic: Fighting Oxidative Stress with Nutrients and Exercise

June topic: Mix Up your Routine through Nutrition and Exercise

Reservations required, please call 805.219.HOPE (4673)

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

MAY 11, 25 & JUN 8

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.

MAY 5, 19 & JUN 2, 16; 6:00 PM



Virtual/Zoom Meeting

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

Look Good Feel Better Live!

Free workshops to help patients mitigate the appearance-related issues of cancer treatments. Topics include skincare and makeup (cosmetic kit included) and wigs/head coverings. 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 Wendy Ramirez al 805.346.3410

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

MAY 3, 10, 17, 24, 31

& JUN 7, 14, 28

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

MAY 5, 12, 19, 26 &

JUN 2, 9, 16, 30

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.

MAY 11 & JUN 8; 1:00 PM



Virtual/Zoom Meeting

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

Now meeting Thursdays at 9:00 a.m.

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

MAY 26 & JUN 23; 9:00 AM

Held onsite; reservations 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

MAY 18 & JUN 15; 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

There are ways to reduce or manage the side effects of prostate cancer. This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

Marian Health & Wellness Center, SM

MAY 13, 27 & JUN 10

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.

MAY 17 & JUN 21; 9:00 AM



Virtual/Zoom Meeting

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

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

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.

MAY 11 & JUN 8; 3:00 PM



Virtual/Zoom Meeting

Reservations required; please call 805.219.HOPE (4673)

Prostate Cancer Support Group

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

MAY 23 & JUN 20; 6:30 PM

Hearst Cancer Resource Center, SLO

Reservations required; 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

EVERY WEDNESDAY; 5:30 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

JUN 10; 1:00 PM

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

Mission Hope Cancer Center, AG

MAY 13; 1:00 PM

To register, please call 805.474.5300; class seating is limited

✧Spiritual Awareness and Mindfulness

Facilitated by former Dignity Health Chaplain Elizabeth Hillis, this interactive class will help you to discover a personal spirituality and practice mindfulness during troubled times. All welcome.

Mission Hope Cancer Center, SM

MAY 20 & JUN 17; 11:00 AM

Reservations required; please call 805.219.HOPE (4673)

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.

JUN 14; 3:30 PM

Guest speaker: Kylie Conner, RDN, Registered Dietitian



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

EVERY WEDNESDAY; 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

MAY 5, 12, 19, 26 &

JUN 2, 9, 16, 30

Reservation and assessment required; please call 805.474.5334

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

MAY 2, 9, 16 & JUN 6, 13, 20;

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. These classes features slower paced movements focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

✧Gentle Yoga

Marian Health & Wellness Center, SM

MAY 5, 19, 26

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

MAY 2, 5, 9, 12, 16, 19, 23, 26 &

JUN 2, 6, 9, 13, 16, 27, 30

Reservation and assessment required; please call 805.474.5334

REACH OUT TO US; WE'RE HERE TO HELP

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: 805.346.3410

www.missionhopecancercenter.com

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Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:
Marian Cancer Care805.219.HOPE (4673)
Marian PET/CT Center 805.346.3470
Radiation Oncology 805.925.2529

SECOND FLOOR:
Breast Imaging and Bone Densitometry Center 805.346.3490
Mission Hope Surgical Oncology 805.346.3456
 Colleen O’Kelly Priddy, MD, FACS, Breast Surgical Oncologist
 Jonathan Tammela, MD, FACOG, Gynecologic Oncologist
Constantine Melitas, MD, Advanced Gastroenterology 805.434.5530

THIRD FLOOR:
Medical Oncology805.349.9393
Mission Hope Infusion Center 805.346.3419
Mission Hope Lab (Office hours: 8:00 a.m. to 4:30 p.m.) 805.346.3480

Dignity Health Central Coast

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Behind Arroyo Grande Community Hospital



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Mission Hope Cancer Center, Arroyo Grande Phone Numbers

- FIRST FLOOR:
- Arroyo Grande Lab and Imaging.....805.474.5230
(Office hours: 7:00 a.m. to 5:00 p.m.)
- THIRD FLOOR:
- Cancer Resource Center 805.474.5300
Medical Oncology805.474.5310
Mission Hope Infusion Center 805.474.5325 or 805.474.5326

Like us on Facebook:
Mission Hope Cancer Center

NATIONAL CANCER SURVIVORS DAY

Due to advances in cancer prevention, early detection, treatment and follow-up care, more people than ever are surviving cancer. In America alone, more than 16.9 million people are alive today after being diagnosed with the disease. With survivorship care, we can improve the health, wellness and quality of life of these survivors.

Survivorship...

Your Next Steps After Treatment

Survivorship is as unique as the survivor. Join us for a candid conversation with local experts Tracy Tilley, NP, and Kylie Conner, RDN, about strategies for survivorship. Preventing a new or recurrent cancer is a key part of survivorship care. Keeping up to date on all available cancer screenings improves overall outcomes. Additionally, survivors can reduce the risk for cancer with healthy lifestyle choices including regular physical activity, eating well and not drinking alcohol or using tobacco products. Some may find they have lingering physical, emotional and financial issues following their recovery which can be addressed.

Facilitated by **Kylie Conner, RDN**, and **Tracy Tilley, NP**

Wednesday, June 15 • 5:00 p.m.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Reservations are required; call Mission Hope Cancer Center at 805.219.HOPE (4673)



Kylie Conner, RDN
Registered Dietitian
Nutritionist



Tracy Tilley, NP
Nurse Practitioner

