

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

July/August 2022

Mission Hope Medical Oncology Team Welcomes Back Dr. April Kennedy

Our team of medical oncologists work collaboratively to provide comprehensive cancer care in one location.

**Keith Ayrons, MD**

Hematology & Medical Oncology

Known for excellent patient and relationship skills, Dr. Ayrons' focus is on patient treatment. He has reevaluated several methods of therapy management dependent on cancer type tailored to a patient's individual history and efficacy of previous treatments. He has a strong research background that enables him to follow the latest developments in the research field.

**Wei Bai, MD**

Hematology & Medical Oncology

Upon receiving her master's degree in Molecular Medicine, Dr. Bai participated in research and development of several cancer drugs. Excited to bring bench research to bedside practice, Dr. Bai ultimately transitioned to direct patient care in which she treats patients with a range of cancer types and blood diseases. Compassionate and calm, she is devoted to each patient's needs.

**K. April Kennedy, MD**

Hematology & Medical Oncology

Dr. Kennedy has experience in the treatment and diagnosis of all cancers and provides her patients with individualized care for the best possible outcomes. As an experienced principal investigator on numerous clinical trials for cancer therapies, Dr. Kennedy has published her findings in national medical journals, and puts her research knowledge into practice when treating patients.

**Kevin Kim, MD**

Hematology & Medical Oncology

Dr. Kim believes working with a multidisciplinary team is the foundation of personalized cancer care and is a strong proponent of clinical trials. He strives to balance his work of individualized cancer care with a deep empathy for his patients. He believes in building a partnership with his patients' understanding of their disease and treatment options.

**Dustin Stevenson, DO**

Hematology & Medical Oncology

Dr. Stevenson entered the Air Force to complete his internal medicine residency and hematology/oncology fellowship with additional training in allogeneic stem cell transplantation. His goal is to provide high quality, personalized care. His dedication to navigation cancer care and the ability to simplify even the most complex information for patients is his greatest asset.

Mission Hope Cancer Center Leadership

Keith A. Ayrons, MD
Medical Oncology/Hematology

Wei Bai, MD
Medical Oncology/Hematology

Thomas Bosshardt, MD, FACS
Oncology Surgeon

K. April Kennedy, MD
Medical Oncology/Hematology

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



Arroyo Grande Community Hospital Foundation is partnering with the community to raise \$650,000 to bring Hologic 3Dimensions Mammography and Biopsy technology to Coastal Diagnostic Imaging Center.

Early detection is key in the fight against cancer, and technological advancements have made this more achievable than ever. The addition of Hologic 3Dimensions Mammography and Biopsy technology to Coastal Diagnostic Imaging Center will help to increase breast cancer survival rates for local women. Benefits of this new technology include:

- Generates four times more data in higher definition than our current first-generation SenoClaire mammography machine
- Ability to detect cancer earlier, increasing survival rates
- Reduces patient compression time to 5-10 minutes from current 30-40 minutes
- Decreases biopsy rates by increasing confidence in cancer vs. questionable cancer
- Biopsies performed in 3D provide an accurate, detailed view of round masses
- Specimen analyzer determines if the correct tissue is captured for biopsy, decreasing biopsies per patient and minimizing trauma to the breast tissue
- Lower radiation dose
- Increased patient screening capacity from four per hour to six per hour

The new technology will be housed at the Coastal Diagnostic Imaging Center, next to Coastal Surgical Institute. This location is particularly convenient as patients can easily move between the imaging and surgery centers. In addition to improved detection ability, even through dense breast tissue, patients can look forward to increased comfort, faster appointments, lower radiation, and minimized trauma to breast tissue at no increase in cost.

To help provide this advanced life-saving technology for local women as soon as possible, you can make a gift to Arroyo Grande Community Hospital Foundation at SupportArroyoGrande.org or call 805.994.5421.

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

The 9th Annual Day of Hope

Get involved!
Give the gift of hope

Wednesday
August 17, 2022
7:00 a.m. - 12:00 p.m.

PROUDLY PRESENTED BY INSPIRE SPONSOR



Marian Regional Medical Center, in partnership with the *Santa Maria Times*, is again proud to present the 9th Annual Day of Hope, benefiting local cancer patients in need at Mission Hope Cancer Center. This year, the Day of Hope teams will again hit the streets to sell the special edition Day of Hope newspaper, and a celebratory community car parade will take place at 11:00 a.m.

Community members are invited to participate in the event through:

- Team newspaper sales
- Online fundraising
- Car parade entry
- Day of Hope coloring activity
- Event sponsorship
- Making a donation

To support this year's Day of Hope event and for more information, visit SupportMarianMedical.org/DayofHope or call 805.739.3595.

All proceeds stay local and directly support cancer patients through:

- Equipment & Technology
- Programs & Services
- Patient Assistance

Follow us

@SupportMarianMedical
#DAYOFHOPE



Register or join a team

Choose to register a new team or join an existing one. You can fund-raise virtually, in person on Aug. 17, by selling newspapers or both.



Car parade entry

Cruising for a cause! The Day of Hope 2022 car parade will begin at 11:00 a.m. at the Santa Maria Fairpark and travel through town.



Get your school involved

Your school can host a fundraiser which encourages students to make a \$1.00 donation to participate in the Day of Hope coloring activity.



Make a general donation

...or donate to a specific team or fundraiser. You may also make your gift in honor, memory, or recognition of a caregiver.

EVENT PARTNERS





Theresa Martinez, RN

Case Manager
10+ years oncology
experience



DeeDee Solano, RN

Case Manager
4 years oncology experience

The services of Dignity Health Home Health assist the physician, the patient and their loved ones to meet the needs of individuals needing care where they are most comfortable: in their home.

Dignity Health Home Health

Dignity Health Home Health is a core component of Mission Hope's continuum of care for patients being treated for any type of cancer. This division's team of experienced cancer care clinicians includes home-based nurse navigators who work to manage a patient's cancer care needs at home. In addition to the home-based nurse navigators, Dignity Health Home Health's team of care providers includes:

Home Health Nurses

Home health nurses can provide care in the home, identifying the needs of patients and their families and working with the doctor to develop a plan of care that is unique to each patient's needs. Services offered might include post-surgical care, wound care, ostomy care, intravenous (IV) treatments, assistance with medications, managing chemotherapy side effects, and pain control.

Dietitians

Dietitians identify and treat cancer related malnutrition. They provide nutritional guidance and suggestions for patients experiencing weight loss related to diagnosis and/or treatment.

Physical Therapists

Physical therapists can help the patient learn exercises to strengthen or regain the use of impaired or weakened muscles. They also work to improve the range of motion, balance, and the safe use of any assistive devices needed. They can also teach family members how to assist the patient to increase safety in the home.

Occupational Therapists

Occupational therapists can teach techniques to make daily tasks easier, like preparing food, eating, bathing, dressing, and doing other household routines.

Social Workers

Medical social workers help with the social and emotional aspects of illness, coping, family conflict, and grief. They can help find sources of support in the community, including financial and long term planning.

Home Health Aides

Home health aides can help with personal hygiene needs, such as bathing and dressing.

Please speak with your provider to see if you can benefit from these services.

Hospice and Palliative Care for our Oncology Patients

Understanding Palliative Care

Palliative care is specialized medical care for people living with a serious illness. This type of care is focused on providing relief from symptoms and stress of the illness. The goal is to improve quality of life for both patients and their families.

Palliative care is provided by a team of specially-trained doctors, nurses and other health care professionals who work together to provide care and support. Palliative care focuses on the needs of the patient, not solely on the patient's prognosis. It focuses on education, empowerment, and the emotional and social aspects of illness as well as the medical. It is appropriate at any age and at any stage in a serious illness, and can be provided along with curative treatment.

Palliative care focuses on education, empowerment, and the emotional and social aspects of illness as well as medical care.

Understanding Hospice Care

Hospice care continues the goals of palliative care for those patients and their families in the last six months of life. This benefit may be provided both at home as well as in a residential or skilled nursing facility and includes all medical equipment and medications required by the patient as well as care from the entire clinical team led by the hospice physician. As with palliative care, the goal of hospice is to optimize the patient's ability to live life as well as possible by honoring each patient's personal goals and relieving symptoms.

How Do I Receive Hospice or Palliative Care?

Hospice and palliative care is provided in a variety of settings including the hospital, home, and board and care facilities. You just have to ask for it. Tell your doctor or nurse that you would like to see a Hospice or Palliative Care Coordinator (sometimes called Liaisons). You can also call **805.739.3900** for more information or to schedule an appointment. We will contact your primary care provider to make sure all members of your care team are aware and involved in your care.



In times of need, the greatest source of hope and healing is the love of family and friends. As a cancer patient, finding time to balance all your appointments and keeping in touch with your family and friends may be difficult. Health updates can happen quickly and sending out information to various people can be very time consuming. CaringBridge, a website designed with the patient in mind, is a perfect place to share information with invited family and friends regarding your individual care plans and needs.

CaringBridge: A Free Online Tool for Sharing Health News

A health journey of any kind is difficult to endure alone. In these moments, there's no match for the power of community, because healing happens when we're surrounded by our loved ones. Start a CaringBridge site to build a bridge of care and communication.



This website focuses on patients being able to create journal entries that personal contacts can easily access, read, and even respond to their posted changes and progress. This is a great tool when sharing information with a group of family and friends, saving time and energy. You can add to this journal as often as you'd like, even multiple times a day, to keep all of your loved ones updated with the most recent information regarding your health.

In addition to providing a platform for a personalized journal, CaringBridge also includes a planner that can assist with organization of appointments and tasks, and has multiple hyperlinks to other resources to help communicate other needs you may have.

Sign up, invite people and start sharing your experience, strength and hope from the comfort of your own home. No one should have to go through their cancer journey alone. With the use of CaringBridge, you can reach all your loved ones, even those that you aren't able to touch.

<https://www.caringbridge.org/createwebsite>

Thyroid cancer—at least the garden variety type—is the one most medical students say they would want if they had to get a cancer. It has a variety of features that make it “favorable” (if that can be said about any cancer). It grows slowly and almost stops growing if treated with fairly simple hormonal medication. Beyond that, doctors learned long ago that they can kill thyroid cancer with a sort of “cruise missile” that seeks out and destroys thyroid cancer cells wherever they might have spread in the body.

Theranostics:

Can We Treat Prostate Cancer Like Thyroid Cancer?

Never heard of this biologic cruise missile? Here's how it works:

As it happens, the thyroid gland is pretty much the body's sole user of iodine, an important dietary mineral. And it just so happens that iodine can be made radioactive so that it releases just the right energy of radiation to kill any cells that collect it. Thus, many patients diagnosed with thyroid cancer are given a dose of radioactive iodine (radioiodine, or I-131). The patients are first prepared by starving their body of iodine so that, when the radioiodine is ingested, the thyroid cancer cells rapidly take it in and concentrate it. These cells are then killed by the high dose radiation they have “swallowed”, leaving the rest of the body—even nearby normal cells—largely unaffected.

For quite some time, physician scientists have wanted to use this model for treating other cancers. Consider prostate cancer, for example. Like thyroid cancer, it grows fairly slowly and its growth can be further slowed with hormonal medications. The limitation, of course, is that neither prostate cancer nor most other cancers uniquely take up and concentrate any one mineral or substance. Thus, we resort to less precise methods of killing the cells with chemotherapy and radiation treatments that produce collateral damage to nearby normal cell and organs.

In the last several years, however, scientists have learned to synthesize molecules that uniquely “recognize” and bond to unique proteins on the surface of specific cells. These molecules, modeled on the body's own immune system antibodies, can then be joined to a radioactive mineral, delivering targeted radiation to just those cells.

Currently, the most promising of these agents is ^{177}Lu -DOTA-PSMA-617, which targets prostate cancer cells. These treatments are just entering clinical practice but have already been given the name “theranostics” for our ability to not only treat (therapy) but also “see” the distribution of the cancer in the body using a radioactivity scanner (diagnostic). In time, perhaps theranostics will help us give prostate and other cancer patients the same hope of the relatively normal and unaffected life enjoyed by most thyroid cancer patients.



Case H. Ketting, MD
Radiation Oncology

In recent years, scientists have learned to synthesize molecules that uniquely “recognize” and bond to unique proteins on the surface of specific cells.

EMOTIONAL AND PRACTICAL SUPPORT



**Katie Crafton, MSW,
LCSW**
Oncology Social Worker

Joining a caregiver support group is a great way to expand your support and resource networks during this often unexpected challenge.

Taking care of a loved one who is undergoing cancer treatment comes with a long list of new expectations and tasks. You may be expected to balance your career and family needs while making sure your loved one is getting to appointments and treatments. If you find yourself in the caregiver role, Mission Hope has support for you.

Taking Care of Your Loved One with Cancer Discussion Group

Facilitator: Katie Crafton, MSW, LCSW, Oncology Social Worker

Fourth Wednesday of the month:

July 27, August 24, September 28, October 26 • 1:00 p.m.

Mission Hope Cancer Center, Santa Maria

1325 East Church Street, Santa Maria

Please call Mission Hope Cancer Center to reserve a seat at 805.219.HOPE (4673)

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

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



Keval Shah, DO

FREE COMMUNITY FORUM...

Esophageal Cancer Prevention

Thursday, July 7, 2022 • 5:00 p.m.

Guest Speaker: Keval Shah, DO, Gastroenterology

Please join us as Dr. Shah discusses the common symptoms to watch out for and strategies you can use to reduce your risk of esophageal cancer. He will also share important updates in the diagnosis and treatment of this cancer. Session includes a question and answer period.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Seating is limited and reservations are required.

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

**Gift
for attendees!**

JULY IS BLADDER CANCER AWARENESS MONTH

Bladder cancer is the sixth most commonly diagnosed cancer in the United States with an estimated 81,000 new cases in 2022. The median age at diagnosis is 73 years. An increased risk of developing bladder cancer is seen in men, tobacco users, those with environmental exposure, patients with a family history of bladder cancer, those with chronic urinary tract infections and people with diabetes and or obesity. Certain genetic syndromes also can raise the risk of bladder cancer.

Bladder Cancer Awareness and Treatment

As with all cancers, the most important way to improve survival is through early diagnosis and treatment. The most common presenting symptom is blood in the urine. This can be either blood that is visible or blood that is noted during microscopic evaluation. If either of these are noted, then a work up with an ultrasound or CT scan and a visualization of the bladder lining with cystoscopy is warranted. Other less common presenting signs and symptoms include recurrent urinary tract infections or flank pain.

Once diagnosed, bladder cancer treatment varies depending on the stage of the cancer. For superficial low grade cancer a minor surgery may be all that is needed. For more aggressive cancer confined to the superficial layers of the bladder the addition of immunotherapy into the bladder is often beneficial. For more advanced cancer more aggressive surgery with chemotherapy or chemotherapy with or without external beam radiation therapy is the treatment of choice. The more advanced cancers require more invasive therapies and have greater risk of mortality.

One recent advancement in diagnosis is the advent of blue light cystoscopy. This technology utilizes a photosensitizing chemical to allow for better visualization of the cancer. Recent studies have shown this technique to improve cancer detection and lower recurrence rates. So far, it hasn't improved the rate of progression and does have a higher false positive rate in certain settings. More research is needed to determine the best applications for this new technology.

Bladder cancer is best treated with a multidisciplinary approach. At Mission Hope Cancer Center we utilize a combination of specialists in medical/radiation oncology, pathology, radiology and urology for the diagnosis and treatment of this cancer. With this approach we can improve care and outcomes for each new case of bladder cancer in our community.

Symptoms of bladder cancer can come and go. These include blood in the urine that makes your urine pink or red, lower back pain, pain during urination, frequent urination, or leakage of urine. These symptoms can also be caused by other conditions that are not bladder cancer. However, if you have any of these symptoms, you should be checked by your doctor.



Samuel Kieley, MD
Urologic Oncology

SUPPORT HEALING WITH PROPER NUTRITION



Kylie Conner, RDN
Registered Dietitian
Nutritionist

Some of the same dietary guidelines that help keep your diabetes under control can help lower your cancer risk.

Join us to learn more!

First Steps: In Nutrition and Physical Activity

TUESDAY, AUGUST 16
2:00 p.m.

Topic:
Managing Diabetes Through
Nutrition and Exercise

MHCC Conference Room
1325 East Church Street
Santa Maria

The class seating is
limited; please register at
805.346.3413

Coping with diabetes and cancer brings with it unique challenges. Some cancer treatments can make health problems from diabetes worse. People with uncontrolled diabetes may have more severe cancer treatment side effects. Let's look at how diabetes management can be achieved.

Managing Diabetes Through Nutrition and Exercise

Nutrition and exercise are essential components of diabetes management. Nutritional goals for type 2 diabetes focus on three main strategies to maintain a healthy blood sugar:

1. Maintain a consistent carbohydrate intake

You may have heard that people with diabetes should eat less sugar and carbohydrates, or even avoid eating them at all. However, your body still relies on carbohydrates and sugar as its main energy source.

To manage diabetes, it is important not to overwhelm the body with too many carbohydrates at one time or starve it of its favorite energy source.

A consistent carbohydrate intake means spacing out your carb intake evenly amongst your three meals and snacks instead of eating the majority at one or two meals.

2. Choose complex carbohydrates

When you choose which carbohydrates to eat, make sure most of them are complex. Complex carbohydrates refer to those with lots of fiber, such as whole grains, fruit, beans, and lentils. By choosing complex carbohydrates over refined ones, such as white rice and pasta, the higher fiber content slows down the absorption of sugar, preventing sharp spikes and crashes in blood sugar.

3. Pair protein foods with carbohydrates

Protein and fat also slow down absorption of sugar.

Pairing a protein food, like string cheese, with a carbohydrate, like crackers will help keep your blood sugar steady.

Exercise also plays an important role in diabetes management. Engaging in regular exercise helps maintain a healthy weight and promotes a steady blood sugar. Follow these tips in addition to nutrition to maximize your benefits:

1. Get at least 150 minutes of exercise a week

Taking regular walks, especially after a meal, is a great way to start.

As you become more comfortable with routine exercise, gradually increase intensity and duration, and try new activities, such as swimming.

2. For the best benefits, incorporate at least two days a week of resistance training

Resistance training doesn't necessarily mean you have to join a gym. You can use your own body weight, or even a set of resistance bands, to work your muscles from the comfort of your home.



Why is it important to control diabetes during cancer treatment?

For one thing, high blood sugar can cause dehydration. That, in turn, may increase the side effects patients experience from cancer treatment. High blood sugar can also prompt doctors to postpone surgeries, due to the greater risk of infection and delayed wound healing. And overall, patients with normal blood sugar just do much better in terms of outcomes and chances of recurrence, compared to those with high blood sugar levels.

Cancer patients with low blood sugar levels also are at greater risk of complications. Many cancer patients face challenges around maintaining their weight, due to appetite changes and nausea, so we see a lot of malnutrition. And if someone's blood sugar drops really low, they could have a seizure or pass out and fall. If they also happen to be taking a blood thinner, they could bleed to death before anyone finds them.

So it's really important to make sure your diabetes is managed during cancer treatment—and to go to a comprehensive cancer center like Mission Hope. Having this kind of multidisciplinary, patient-centered care really allows for better communication between the different specialists caring for you. We're not just treating your cancer, but also any underlying conditions. And we're taking into account how those might be affected by your cancer treatments.

For a balanced breakfast idea full of fiber, protein, and healthy fats, try this overnight oats recipe:

Overnight Oats

INGREDIENTS:

- ½ cup rolled oats
- 1 Tbsp. chia seeds
- ¾ cup milk, 2% or nonfat
- ½ tsp vanilla extract
- 1 tsp. brown sugar
- 2 Tbsp. pecan pieces
- 2 medium strawberries, sliced into quarters

INSTRUCTIONS:

In a 16 oz. mason jar, add oats, chia seeds, milk, vanilla, and brown sugar. Stir together with a spoon. Top with pecans and strawberries.

Cover with a lid and refrigerate for a minimum of 5 hours or overnight until most of the milk has been absorbed.

Prep Time: 5 minutes • Total Time: 5-8 hours • Servings: 1



High blood sugar can prompt doctors to postpone surgeries, due to the greater risk of infection and delayed wound healing.

Customize it:

Allergic to tree nuts? Switch the pecans out for peanut butter or unsweetened dried coconut.

Craving chocolate? Add 1 Tbsp. cocoa powder for a chocolate twist.

Quadruple the recipe for an easy, grab-n-go breakfast throughout the week.



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

Many women are concerned about their personal risk of developing breast cancer. This is quite understandable, given that approximately 1 of every 8 women in the US will develop breast cancer during her lifetime. 70-80% of these cancers are sporadic, meaning there is no obvious inherited pattern to the cancer. Another 15-20% are familial (known family history of breast cancer but no identified genetic mutation). And the last 5-10% are hereditary, meaning there is a known genetic component to the cancer. For example, BRCA1 and BRCA2 mutations contribute to approximately 25-50% of hereditary breast cancers. Some risks are outside our control, like family history and genetic mutations, but some can be modified to reduce the risk of cancer in the future.

Ways To Reduce Your Risk for Breast Cancer

Non-modifiable risk factors: Age, race, family history, early age at first period, late age at menopause, genetics.

Modifiable risk factors: Sedentary lifestyle, alcohol consumption, use of combined hormone replacement therapy.

Some risks factors
can be modified to
reduce the risk of
cancer in the future.

- **Exercise** has been shown to reduce the risk of developing breast cancer in many studies involving populations of women around the world. It is estimated that up to 25% of nonfamilial or hereditary breast cancers are related to being overweight and lack of exercise. Current best recommendations are for at least 30 minutes (ideally 45-60 minutes) of physical activity five days per week to achieve maximal risk reduction. With this exercise, studies have shown a 20-30% reduction in breast cancer risk.
- **Alcohol consumption** has been shown to increase breast cancer risk in a dose-dependent fashion; the more alcohol is consumed, the higher the risk for developing breast cancer. Three to six drinks per week has been shown to increase breast cancer risk by 15%.
- **Combined hormone replacement therapy** is sometimes used for women in menopause to help with symptoms of menopause (hot flashes, night sweats, mood swings). However, combined estrogens with progesterone (especially when both are taken daily) have been shown to increase the risk of developing breast cancer in the future, particularly when taken over long periods of time (five years or longer). If you are taking combined hormone replacement therapy, it is a good idea to discuss the planned duration of therapy and other potential options for treating menopausal symptoms with your physician.

In addition to this, it is very important to remember to get your screening mammograms every year. For average-risk women, this means starting at age 40 and continuing annually. If you have a strong family history of breast cancer or are concerned about your personal risk, Mission Hope offers a high-risk breast clinic for personalized risk calculation and discussion of additional screening measures and risk-reduction options that may be offered given your personal circumstances.

Mission Hope
Surgical Oncology
805.346.3456



We invite you to join a support group that resonates with your individual needs to forge friendships and find valuable strength from others who understand the challenges you face.

Breast Cancer Support Group for Young Women

Young women CAN and DO get breast cancer and the impact of the disease can be significant. Our newest breast cancer support group addresses the unique challenges young women face. We provide resources, support and education to address every phase of a young woman's breast cancer experience. Participants also gain inspiration from the powerful stories of other young women who have been right where they are.

Facilitator: Melissa Garcia, RN, Breast Care Oncology/Nurse Navigator

Meetings via Zoom on the last Wednesday of the month



Wednesdays: July 27 and August 31 • 6:00 p.m.

Held virtually. Please call Mission Hope at 805.346.3405 to register

Breast Cancer Support Group (General)

Women gather in a safe setting to share valuable information and resources to help manage the physical, emotional and practical challenges a breast cancer diagnosis can bring.

Tuesdays at 4:00 p.m.



July 5 and August 2 (virtual)

July 19 and August 16 (on site)

Mission Hope Cancer Center

1325 East Church Street, Santa Maria

Please call 805.346.3402 for reservations

Metastatic Breast Cancer Support Group

Living with cancer is challenging, both physically and emotionally. It is extremely comforting to know that there are others out there experiencing the same struggles and feelings.



Wednesdays: July 20* and August 17 • 1:00 p.m.

***Guest Speaker: Kylie Conner, RDN, Registered Dietitian**

Held virtually. Please call Mission Hope at 805.346.3402 to register.

SESSIONS LED BY OUR KNOWLEDGEABLE FACILITATORS:

Katie Crafton MSW, LCSW, Oncology Social Worker

Melissa Garcia, RN, BSN, Breast Care and GYN Oncology Nurse Navigator

Lindsey Hughes RN, BSN, Oncology Nurse Navigator



Kylie Conner, RDN
Registered Dietitian
Nutritionist

Meet the recommended fiber intake by consuming at least two servings of fruit and three servings of vegetables each day.

Join us to learn more!

First Steps: In Nutrition and Physical Activity

TUESDAY, JULY 12
2:00 p.m.

Topic:
Promoting Digestive Health
Through Nutrition and
Exercise

MHCC Conference Room
1325 East Church Street
Santa Maria

The class seating is
limited; please register at
805.346.3413

Maintaining a healthy digestive tract can seem difficult, especially during cancer treatment. If you begin to experience digestive side-effects from treatment, or just want to keep your gut functioning optimally, nutrition and exercise can help. Follow the tips below to keep your gut happy.

Promoting Digestive Health Through Nutrition and Exercise

1. Aim for 25g of fiber per day for women and 38g per day for men

Fiber is important for promoting regular bowel movements and preventing constipation.

Meet the recommended fiber intake by consuming at least two servings of fruit and three servings of vegetables each day in addition to plenty of whole grains, legumes, nuts, and seeds.

If you are experiencing loss of appetite or weight loss, high-fiber foods may not be appropriate for you; in this situation you may benefit from a fiber supplement or stool softener, but talk with your doctor first.

2. Aim for at least 64 ounces or eight cups of water per day

Maintaining proper hydration is very important during cancer treatment.

Water also acts as a lubricant for fiber, helping to keep stool soft. As you increase fiber intake, make sure to also drink more water.

3. Incorporate fermented foods into your diet

Fermented foods like sauerkraut, kimchi, miso, tempeh, yogurt, and kefir, are good sources of probiotics—beneficial bacteria that may help reduce antibiotic-associated diarrhea (<https://www.aicr.org/cancer-survival/treatment-tips/during-treatment/>)

For those interested in probiotic supplements, ask your doctor before use. If you are undergoing chemotherapy and have a low white blood cell count, probiotic supplements may not be safe for you.

4. Increase your physical activity

Moving your body is essential to keep things moving through your digestive tract.

Even if you don't feel well, try starting with a small walk of just a few minutes and repeat throughout the day as tolerated.

Physical activity has been shown to help reduce nausea.

If you have specific questions or would like more helpful tips, schedule a personal consultation with the nutritionist (805.346.3403) or consider joining us for a class. The class First Steps: in Nutrition and Physical Activity meet in-person one Tuesday of the month at 2:00 p.m. Please contact Cancer Exercise Trainer John Malinowski (805.346.3413) to be added to the class list.

Yoga Classes for Cancer Patients

Mission Hope offers several gentle yoga classes that 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.

Meet our newest yoga instructor: Mary Beth Parks



Mary Beth Parks

■ I came to yoga in my late 50's as I was navigating the end of nearly 40-year corporate career. My mind was in full ripple effect attempting to manage divorce, a cross-country move, and transition to retirement. I sought out yoga classes first for what I expected would be physical benefits and soon found the benefits for the mind to be most impactful for me. Yoga has taught me how to use the breath to quiet the mind's ripples and return to my center.

To learn more about all Eight Limbs of Yoga, I completed 200-hour teacher training in December 2018. My focus is on mindful, breath-based Hatha movement, alignment and meditative practices designed to gently energize and restore body and mind.

Instructor:

Mary Beth Parks

Thursday mornings:

**July 7, 14, 21, 28 &
August 4, 18, 25**

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

For the complete yoga class schedule, see page 21.

High Fiber Blueberry Smoothie

INGREDIENTS:

- 1 cup frozen blueberries
- 1 medium banana
- 2/3 cup milk, 2% or nonfat
- 1 cup fresh spinach
- 1/3 cup Greek yogurt
- 1 Tbsp. ground flax seed

Total Time: 5 minutes • Servings: 2



INSTRUCTIONS:

Combine all ingredients in a blender and puree until smooth.

CUSTOMIZE IT:

- Swap out blueberries for strawberries for a tropical twist.
- Quadruple the recipe for an easy, grab-n-go breakfast or snack for the week.
- Lactose intolerant? Use lactose free milk and yogurt to maximize digestibility while maintaining a high protein content.

For an easy way to boost your fiber and probiotic intake, try out this smoothie recipe. Each serving provides 5g of fiber.

July 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 MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria				1 Fight Against Falls Class (MHW)
4 Office Closed: Fourth of July Holiday 	5 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm	6 Circuit Training (MHW) Art Therapy–Acrylic Art (SM) 9:00 am  Guided Meditation 5:00 pm	7 Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm PRESENTATION (SM): Esophageal Cancer Prevention 5:00 pm	8 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (AG) 1:00 pm
11 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	12 Lymphedema Prevention Exercise (MHW) Apoyo para Personas con Cáncer (SM) 9:00 am Origami (SM) 10:00 am  General Cancer Support Group 1:00 pm First Steps Class (SM) 2:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm  SPOHNC, Santa Maria 3:30 pm	13 Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm  Mindful Motions 3:00 pm	14 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG)	15 Fight Against Falls Class (MHW)
18 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	19 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group (SM) 4:00 pm	20 Circuit Training (MHW) Art Therapy–Acrylic Art (AG) 9:00 am  Metastatic Breast Cancer Support Group 1:00 pm Guest Speaker: Kylie Conner, RDN, Registered Dietitian	21 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm	22 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
25 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  Energy Balancing 11:00 am	26 Lymphedema Prevention Exercise (MHW)  General Cancer Support Group 1:00 pm	27 Circuit Training (MHW) Learn Golf Caring for Loved One Support Group (SM) 1:00 pm  Young Women Breast Cancer Group 6:00 pm	28 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) Men's Cancer Support Group (SM) 9:00 am	29 Fight Against Falls Class (MHW)

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	2 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm	3 Circuit Training (MHW) Art Therapy–Silk Scarf Painting (SM) 9:00 am  Guided Meditation 5:00 pm	4 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm	5 Fight Against Falls Class (MHW)
8  Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm	9 Apoyo para Personas con Cáncer (SM) 9:00 am Origami (SM) 10:00 am  General Cancer Support Group 1:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm  SPOHNC, Santa Maria 3:30 pm	10  All Blood Cancers Support Group 1:00 pm  Mindful Motions 3:00 pm	11 Fight Against Falls Class (AG) TRX Workouts (AG) Gentle Yoga (MHW)	12 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Soul Collage (SM) 1:00 pm
15 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	16 Energy Balancing (SM) Lymphedema Prevention Exercise (MHW) First Steps Class (SM) 2:00 pm Breast Cancer Support Group (SM) 4:00 pm	17 Circuit Training (MHW) Art Therapy–Silk Scarf Painting (AG) 9:00 am  Metastatic Breast Cancer Support Group 1:00 pm	18 Barre Exercise Class (AG) Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm	19 Fight Against Falls Class (MHW)
22 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  Energy Balancing 11:00 am Acupuncture (AG) 1:00 pm Knitting Group (SM) 2:00 pm Acupuncture (SM) 3:00 pm	23 Lymphedema Prevention Exercise (MHW)  General Cancer Support Group 1:00 pm	24 Circuit Training (MHW) Learn Golf Caring for Loved One Support Group (SM) 1:00 pm	25 Barre Exercise Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) Men's Cancer Support Group (SM) 9:00 am	26 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
29 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)	30 Lymphedema Prevention Exercise (MHW)	31 Circuit Training (MHW)  Young Women Breast Cancer Group 6:00 pm	<i>Mission Hope Celebrates</i> 10 Years of Patient Centered Advanced Cancer Care Saturday, August 20 • 10:00 a.m. See page 24 for details	

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

Acupuncture Self Care

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

AUG 22; 3:00 PM
Reservations required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

AUG 22; 1:00 PM
Reservations required; call 805.474.5334

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

JUL 12 & AUG 9; 9:00 AM
Llame a Wendy al 805.346.3410 para una cita

JUL 12 & AUG 9; 3:00 PM



Virtual/Zoom Meeting

Llame a Teresa at 805.458.4526

Aquatic Therapy Class

Allan Hancock College, SM

WILL RESUME IN THE FALL
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

JUL 6; 9:00 AM

Acrylic Art

JUL 12 & AUG 9; 10:00 AM

Origami Class

Art classes continue

AUG 3; 9:00 AM

Silk Scarf Painting

Mission Hope Cancer Center, AG

JUL 20; 9:00 AM

Acrylic Art

AUG 17; 9:00 AM

Silk Scarf Painting

Held onsite, class seatings are limited.

Reservations required; please call 805.219.HOPE (4673) or 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

JUL 14, 21, 28 & AUG 4, 18, 25
Reservation and assessment required; please call 805.474.5334

Breast Cancer Support Groups: General Discussion Group

Women gather to share valuable information and resources to manage the challenges a breast cancer diagnosis can bring. We invite you to join a support group that resonates with your individual needs to forge friendships and find valuable strength from others who understand your feelings.

Mission Hope Cancer Center, SM

JUL 19 & AUG 16; 4:00 PM

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

JUL 5 & AUG 2; 4:00 PM



Virtual/Zoom Meeting

Please call 805.346.3402 for details

TUESDAYS; 5:45 PM



Virtual/Zoom Meeting

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

Breast cancer groups continue

✿Breast Cancer Support Group for Young Women

Young women can and do get breast cancer and the impact of the disease can be significant. This group addresses the unique challenges young women face. (See page 13 for more information.)



Virtual/Zoom Meeting

JUL 27 & AUG 31; 6:00 PM

Reservation required; please call 805.346.3405

✿Metastatic Breast Cancer Support Group

Living with cancer is challenging, both physically and emotionally. It is extremely comforting to know that there are others out there experiencing the same struggles and feelings. Please join our support group and share your story.



Virtual/Zoom Meeting

JUL 20* & AUG 17; 1:00 PM

***Guest Speaker: Kylie Conner, RDN, Registered Dietitian**

Reservations required; please call 805.346.3402 to register

Cancer Rehabilitation

A 12-week program which includes group strengthening and aquatic exercise. Each participant meets one-on-one with our Certified Exercise Trainer to develop your personal fitness goals which are tailored to your specific needs and abilities 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)

Make Art...Melt Stress

Explore Acrylic Art Techniques

Led by Linda Denton, artist and art teacher

Paint along with Linda as she teaches participants the techniques she uses to create her acrylic paintings.

Wednesdays • 9:00 a.m.

July 6 Mission Hope, Santa Maria

July 20 Mission Hope, Arroyo Grande

Reservations required; please call 805.219.HOPE (4673)



✿Circuit Training

Circuit training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit, one exercise after another which targets strength building and muscular endurance. A typical class will consist of 6-10 different exercises done three or more times per workout. The intensity level will be modified to fit your needs.

Marian Health & Wellness Center, SM

JUL 6, 13, 20, 27 & AUG 3, 17, 24, 31

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

JUL 5, 19 & AUG 2, 16

Mission Hope Cancer Center, AG

JUL 7, 21 & AUG 4, 18

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

JUL 11, 25 & AUG 8, 22; 11:00 AM



Virtual/Zoom Meeting

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

Fight Against Falls Exercise Class

Participants gain the knowledge to reduce the risk of falls in addition to conditioning the muscles to battle muscle fatigue and gain strength.

Marian Health & Wellness Center, SM

JUL 1, 8, 15, 22, 29 &
AUG 5, 12, 19, 26

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

JUL 7, 14, 21, 28 &
AUG 4, 11, 18, 25

Reservation and assessment required; please call 805.474.5334

First Steps: in Nutrition and Physical Activity

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

JUL 12 & AUG 16; 2:00 PM

July topic: Promoting Digestive Health Through Nutrition and Exercise

August topic: Managing Diabetes Through Nutrition and Exercise

Reservations required, please call 805.219.HOPE (4673)

✿General Cancer Support Group

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

JUL 12, 26 & AUG 9, 23; 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

JUL 7, 14, 21, 28 & AUG 4, 18, 25
Reservation and assessment required; please call 805.474.5334

Guided Meditation Class

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

JUL 6 & AUG 3; 5:00 PM



Virtual/Zoom Meeting

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

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

JUL 13, 27 & AUG 24

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.

JUL 7, 21 & AUG 4, 18; 3:00 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

JUL 5, 12, 19, 26 & AUG 2, 16, 23, 30
Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

JUL 11, 18, 25 & AUG 1, 15, 22, 29
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.

JUL 13 & AUG 10; 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

JUL 28 & AUG 25; 9:00 AM

Held onsite; reservations required.

To register, call 805.219.HOPE (4673)

Mindful Motions

Join us to learn simple practices to help manage stress, boost your immune system, and minimize fear and anxiety. Techniques include acupuncture, breath work, tai chi, emotional freedom technique, hand mudras, and much more.

JUL 13 & AUG 10; 3:00 PM



Virtual/Zoom Meeting

Reservations required; please call 805.219.HOPE (4673)

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

JUL 8, 22 & AUG 12, 29

Reservations required; please call 805.346.3413

Prostate Cancer Support Group

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

JUL 18 & AUG 15; 6:30 PM



Virtual/Zoom Meeting

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

AUG 12; 1:00 PM

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

Mission Hope Cancer Center, AG

JUL 8; 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.

JUL 12 & AUG 9; 3:30 PM



Virtual/Zoom Meeting

To register, call 805.219.HOPE (4673)

Support for Pediatric Oncology Patients and their Families

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



Virtual/Zoom Meeting

Please call 805.219.HOPE (4673) or 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

☼Taking Care of Your Loved One with Cancer Discussion Group

A forum for people to get together with those who understand their concerns, can share helpful strategies and lend support.

Mission Hope Cancer Center, SM

JUL 27 & AUG 24; 1:00 PM

To register, call 805.219.HOPE (4673)

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

JUL 7, 14, 21, 28 & AUG 4, 11, 18, 25

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

JUL 11, 18 & AUG 1, 8, 15, 22;
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.

Marian Health & Wellness Center, SM

JUL 7, 14, 28 & AUG 11, 18, 25

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

JUL 7, 11, 14, 18, 21, 25, 28 &
AUG 1, 4, 15, 18, 22, 25, 29

Reservation and assessment required; please call 805.474.5334



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

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

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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

Cancer Rehabilitation Program 805.346.3413

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





Mission Hope Cancer Center, Arroyo Grande

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Arroyo Grande, California
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Artie Ponce
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Arthur.Ponce@dignityhealth.org

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 Rehabilitation Program.....805.474.5334
Cancer Resource Center 805.474.5300
Medical Oncology805.474.5310
Mission Hope Infusion Center 805.474.5325 or 805.474.5326

French Hospital
Medical Center

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
San Luis Obispo, California
805.542.6234

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DIRECTOR, HCRC

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Eloisa Medina
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Julie White, RN
HOME HEALTH DIRECTOR
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Like us on Facebook:
Mission Hope Cancer Center

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

Mission Hope Celebrates

10 Years of Patient Centered Advanced Cancer Care

You are invited to join us for a special

Cancer Prevention, Treatment and Survivorship Seminar



Supervisor
Steve Lavagnino
Master of Ceremonies

Saturday, August 20, 2022 • 10:00 a.m.

Mission Hope Cancer Center

1325 East Church Street, Santa Maria

Complimentary gourmet treats by Tracy Labastida of Field to Table Catering

Seating is limited and reservations are required.

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

Each of our expert panelists will give an overview of prevention and treatment relating to their field of expertise in addition to updates on the new and exciting changes happening. This will be followed by an interactive session with our Mission Hope Cancer Center multi-speciality physician panel as they answer audience member questions. Make plans now to celebrate ten years of local cancer care with us!



Wei Bai, MD
Medical Oncology/
Hematology



Thomas
Bosshardt, MD,
FACS
Oncology Surgeon



Michael
Chervonski, MD
Interventional
Radiology



K. April
Kennedy, MD
Medical Oncology/
Hematology



Samuel
Kieley, MD
Urologic Oncology



Constantine
Melitas, MD
Advanced
Gastroenterology



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



Ben Wilkinson,
MD, FACRO
Radiation Oncology

