

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

September/October 2022

WRITING WORKSHOP FOR SELF-DISCOVERY AND HEALING

Your Story Matters



Led by Lisa Bodrogi, cancer survivor

Selected Thursdays • 3:00–4:30 p.m.

**September 8, 22, October 6, 20, November 3, 17,
and December 1, 15**

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

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

You are invited to join us on a journey of self-discovery and healing. This eight-week course is filled with writing your stories and reflecting on why your stories matter for the greater good. The class is based on the popular book written by award-winning author and educator, Leslie Leyland: *Your Story Matters*. Using Leslie's curriculum, class time will include a brief DVD lesson plan, writing, reflection, and voluntary sharing. You'll come away knowing WHY your story really matters and you'll know just how to begin writing it. No writing experience is necessary. You'll leave with several finished stories in hand.

Participants are encouraged to attend all classes; however, you are welcome to attend as you are able. If you would like to, the book *Your Story Matters* by Leslie Leyland can be purchased at Amazon. The book is recommended but not required to add to your writing journey.



Lisa Bodrogi
Facilitator

■ Lisa Bodrogi is a patient and 12-year thriver at Mission Hope. She has been writing her stories for over a year and will guide you in the exciting process of discovering, writing, and sharing your remarkable stories.

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

Jonathan E. Tammela, MD,
FACOG
Gynecologic Oncology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

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

As a local cancer survivor, **Ellen Beck** knows firsthand the importance of the programs and services offered to patients at Mission Hope Cancer Center, Arroyo Grande. She has been an enthusiastic participant in the Cancer Rehabilitation Program and has reaped the benefits of regaining her strength after the diminishing side effects of treatment.



Ellen Beck works with John Malinowski, ACSM-CET, to gain strength after cancer treatment.

Cancer Rehabilitation Program Helps Patients Gain Strength and Confidence

Ellen's recovery journey began before the program was available in Arroyo Grande, and before it was put on hold in Santa Maria due to the pandemic. She now participates in the program at the Cancer Rehabilitation Center at Mission Hope, Arroyo Grande. She said, "Being able to attend in Arroyo Grande is great since it's so close to my home. The center is beautiful and wonderfully equipped and offers many classes. The consistent exercise has helped with both my physical and mental health."

The Cancer Rehabilitation Program provides a comfortable, safe place for patients to regain strength under the guidance of a certified trainer. Ellen said, "It is incredibly worthwhile for cancer patients to have the option to attend a personalized program taught by an individual knowledgeable about the side-effects experienced from the disease and its treatment. This program helps people to regain their strength and confidence. [Trainer] John is incredibly patient and knowledgeable. He always has tips for stretching and exercising correctly."

Ellen recently made a gift to support the Cancer Rehabilitation Program to help continue to benefit others. "I am very happy to support this program. It is a very worthwhile cause and benefits many recovering patients," she said.

If you would like to help support the Cancer Rehabilitation Program for local cancer patients and survivors, please visit SupportArroyoGrande.org or call 805.994.5421.

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

Supporting Hope with Rugged Radios

Rugged Radios is a remarkable local business that manufactures quality communication products and has a team that cares for each other with support and encouragement. In honor of a vibrant Rugged Radios' team member and breast cancer survivor, **Taryn Timothy** (pictured below), Rugged Radios founder and president **Greg Cottrell** recently hosted a live stream talk show where listeners bought Rugged Radios' special edition pink two-way radio. With the sale of 100 special edition pink radios sold in a matter of hours, more than \$50,000 was donated to local cancer patients in need at Mission Hope Cancer Center. When Taryn was diagnosed with breast cancer in March 2019, she turned to Mission Hope Cancer Center for her treatment and support services.

"I have been so blessed to have people around me who help support me," Taryn reflected. "This is for those who are alone and are going through cancer without strong help from work or their family."

As for Taryn, her strength continues to be displayed in her generous nature. Her story and cancer journey has helped many patients who battle cancer without a strong support network. The Central Coast is certainly a better place with her legacy and the kindness of generous businesses like Rugged Radios, who, through pink radio sales, have made a substantial impact in supporting local cancer patients in need at Mission Hope Cancer Center.



With the sale of 100 special edition pink radios, Rugged Radios donated **more than \$50,000** to local cancer patients in need at Mission Hope Cancer Center.



Donate Your Birthday to Mission Hope

Community members can host their own birthday fundraisers by visiting www.supportmarianmedical.org/DonateYourBirthdaytoMissionHope

Scan to learn more!



Cancer survivor **Betty Townley** recently held a birthday fundraiser to benefit Mission Hope Cancer Center. She celebrated her 92nd birthday by raising more than **\$600**.

Country Club Women Generously Support Mission Hope Cancer Center



A huge thank you to the **Santa Maria Country Club Women's Division** who recently presented a check to Mission Hope Cancer Center for an impactful **\$13,875!** This generous donation was from the proceeds of their annual golf tournament and luncheon fundraiser held on May 12, 2022.



**Marian Regional
Medical Center Foundation.**

A Dignity Health Member

1400 East Church Street

Santa Maria, CA 93454

SupportMarianMedical.org

Telephone 805.739.3595

Follow us @SupportMarianMedical



Host a Breast Cancer Awareness Month Fundraiser to Help Provide Life-Saving Services

October is Breast Cancer Awareness Month and it is an ideal time to show support for your community, friends, and loved ones who have been affected by breast cancer. Fundraising during the month of October will give you the opportunity to move past awareness and take action! While we can't prevent breast cancer, we can make sure that every woman has the tools and education she needs to be proactive about her health. Since one in eight women will be diagnosed with breast cancer in her lifetime, your fundraiser is a critical link to give hope and help provide life-saving services for women in need at Mission Hope Cancer Center.

Be a leader

Recruit volunteers from your organization.

Be the first to make a donation that inspires others to match your gift.

Be creative

Make your fundraiser fun, inspiring and impactful. Consider ways to make it unique to you or your organization and its mission, your interests, or your story.

Be friendly

Tell your network—friends, family, clubs and coworkers—why you want to help the patients at Mission Hope and ask them to join in by donating.

Impactful 2021 Breast Cancer Awareness Month Fundraisers



Toyota of Santa Maria organized their annual Pinktober Pumpkin Patch with volunteers selling specially decorated pumpkins, raising **\$16,000** for Mission Hope.



The employees of **Community Bank of Santa Maria** hosted a fundraiser in memory of late employee Judy Zavala and raised **\$4,500** for local breast cancer patients.



In October, **InSPArations Salon & Spa's** 18th anniversary gift basket raffle raised **\$2,100** for local breast cancer patients.



The Patch of Santa Maria and local high school students provided a family-friendly fall attraction that raised more than **\$1,200** for breast cancer patients.



Scan
to learn
more!

Prostate cancer is one of the most common conditions that we treat at Mission Hope. It affects approximately one in seven men during their lifetime, which means most people know someone who has been treated for this cancer.

Prostate Cancer Update

Fortunately, many prostate cancers can be found at early stages when an annual blood test (PSA) is done through a man's primary care doctor. Depending on one's age, the PSA level should generally be less than between 4.0 ng/mL and 6.0 ng/mL. If the PSA rises more than one point (1.0 ng/mL) in one year, it should also be investigated further with either a repeat blood test or an MRI.

Like breast cancer in women, prostate cancer in men is driven by hormone levels in our body. For men, testosterone acts as a food supply for prostate cancer. One of the main ways that we treat prostate cancer is by blocking testosterone in the body. This can be done using either injections (such as Lupron) or there is now a new hormone blocker that can be taken by mouth (Orgovyx). Although these medicines can cause side effects, they are very important in treating prostate cancer correctly. One of the benefits of these medicines is that they treat the entire body and kill cancer cells that may have spread from where they started inside the prostate. Testosterone blocking also helps radiation therapy work better. Several studies have consistently shown that use of hormone blocking can help me achieve increased disease control or even improved survival from their diagnosis. This applies specifically to patients with slightly more advanced disease (PSA over 10.0 or higher microscopic grade).

The most recent development on this topic is that genomic tests can help us understand which patients may benefit from testosterone blocking. These tests check the genes of the prostate cancer and do not require another blood test or biopsy. Men who have recently been diagnosed with prostate cancer, as well as those who have already had their prostate cancer removed, can benefit from these tests. If you or a loved one has been diagnosed with prostate cancer, call Mission Hope Cancer Center to speak with one of our expert physicians about prognosis and treatment options.



**Ben Wilkinson, MD,
FACRO**

Radiation oncology

One of the main ways that we treat prostate cancer is by blocking testosterone in the body.

Mission Hope Cancer Center is pleased to offer

Free Prostate Cancer Screenings

This simple procedure for men ages 55-69 without health coverage includes a blood test and an exam by a doctor. Participants must register in advance.

Saturday, September 17 • 9:00 to 11:00 a.m.

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

To register, please call 805.219.HOPE (4673)

Prostate cancer is the #1 cancer in men in the United States



Jonathan Tammela, MD, FACOG
Gynecologic Oncology

A gynecologic oncologist is a medical doctor with specialized training in treating gynecologic cancers from diagnosis to completion of treatment

Mission Hope
Surgical Oncology
805.346.3456

As an institution providing specialized Gynecologic Oncology care, it is our goal to help people understand steps that can be taken to reduce the risk of developing these cancers and to promote early detection and appropriate screening and follow up. This is important work because each year approximately 110,000 women in the United States are diagnosed with one of the five main gynecologic cancers: cervical, ovarian, endometrial (uterine), vulvar or vaginal.

Gynecologic Cancer: Symptoms and Solutions

Cervical cancer symptoms include abnormal vaginal discharge or bleeding, bleeding after vaginal sex, vaginal odor and pelvic or abdominal pain. Any of these signs should be checked out by a gynecologist. Most cases of cervical cancer are now preventable. Get the human papillomavirus (HPV) vaccine before becoming sexually active and have your children vaccinated at ages 11-12. The best way to find cervical cancer early is to have regular Pap tests and HPV tests between ages 21 and 65 at intervals recommended by your health care provider.

There is currently no good screening for **ovarian cancer**. See a gynecologist if you experience any of these symptoms for more than a few weeks: bloating, urinary symptoms (urgency or frequency), pelvic or abdominal pain, difficulty eating or feeling full quickly. Ovarian cancer early detection tips: see a doctor if you have symptoms, schedule regular check-ups, including pelvic exams, know your family history and ask your doctor about genetic testing. Transvaginal ultrasounds and CA 125 blood tests may be offered to screen those with a high risk of ovarian cancer due to an inherited genetic syndrome such as Lynch syndrome, BRCA gene mutations or a strong family history of breast and ovarian cancer.

Endometrial cancer, also known as uterine cancer, is the most common gynecologic cancer. Getting to and staying at a healthy weight is one way to lower your risk of endometrial cancer. Early detection improves the chances that endometrial cancer will be treated successfully. See a gynecologist if you experience unusual vaginal bleeding, spotting or discharge. At menopause, all women should be told about the risks and symptoms of endometrial cancer, and strongly encouraged

to report any vaginal bleeding, spotting or discharge to their doctor.

Signs of **vaginal cancer** include unusual vaginal bleeding, bleeding after vaginal sex, pain, problems with urination or bowel movements, a watery discharge, or a lump or mass in the vagina. If you experience any of these symptoms, see a gynecologist. Vaginal cancer is associated with the human papillomavirus (HPV) types 16 and 18—the HPV vaccine can be used to prevent HPV infection. Routine wellness visits and cervical cancer screenings can sometimes find early invasive vaginal cancer.

Signs of **vulvar cancer** or pre-cancer include chronic itching, abnormal bleeding or discharge, skin color changes (lighter or darker, red or pink), bump or lump with wart-like or raw surfaces. Any symptoms should be checked out by a gynecologist. While there is no standard screening for vulvar cancer, knowing what to look for can help with early detection—an area on the vulva that looks different than normal, a bump or lump (red, pink or white), thickening of the skin of the vulva or an open sore.

If you have been diagnosed with ovarian, endometrial/ uterine, cervical, vulvar, or vaginal cancer, it is important to have a gynecologic oncologist—a medical doctor with specialized training in treating gynecologic cancers—as part of your medical team to help manage your care from diagnosis to completion of treatment. At Mission Hope Cancer Center, Dr. Tammela provides this specialized level of care as a full-time board certified Gynecologic Oncologist. When a treatment calls for minimally invasive surgery, Dr. Tammela has special expertise in this area as the region's most experienced robotic surgeon. Call Surgical Oncology at **805.346.3456** to make an appointment.

Please join us for a free community presentation:

Gynecologic Cancers and Modern Medicine: What You Need to Know

Guest Speaker: Jonathan Tammela, MD, FACOG

Wednesday, September 14, 2022

5:00 p.m.

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)



- Expert speaker Jonathan Tammela, MD, FACOG, Gynecologist Oncologist, will discuss risk factors and important updates in the diagnosis and treatment of gynecological cancers which encompass all cancers of the female reproductive system, including the cervix, ovaries, fallopian tubes, uterus, vulva, and vagina.
- Participate in a personalized gratitude project and door prize giveaways after the presentation in collaboration with The Teal Journey Foundation.

About

Jonathan Tammela, MD, FACOG

■ Triple board certified in Gynecologic Oncology, Hospice and Palliative Care and Obstetrics and Gynecology, Jonathan Tammela, MD, FACOG, provides highly specialized care in the diagnosis, treatment, and management of cancers affecting the female reproductive tract and is highly skilled at minimally-invasive robotic surgery. He has won several awards including “Innovator of the Year Award” for cancer treatment and robotic surgery. For more information, please call **805.346.3456**.

If you have questions about cancer prevention or need help navigating cancer screenings, call our GYN Oncology Nurse Navigator **805.346.3441**.



Have you been diagnosed with gynecological cancer? If you have been diagnosed with cancer, joining a support group can be helpful. A support group is a group of two or more individuals in similar situations that meet regularly to discuss shared life experiences. During the session, a facilitator is present that helps guide you through the discussion and provides unconditional support.

Explore the Benefits of Gynecological Cancer Support Groups

Within a support group you are surrounded by others who can relate to your experiences and feelings

Studies have shown that peer support associated with a cancer diagnosis can reduce anxiety and improve your quality of life. Some studies suggest that a support group can even increase survival. Support groups offer an opportunity for individuals to share their experiences and feelings with other individuals of similar circumstances within the group. It is a place to be heard and understood in ways your regular support system may be unable to help.

A cancer diagnosis can feel isolating, leading to loneliness, distress, anger, disbelief, and fear. Even the most supportive friends and family members do not understand what you are going through unless they have gone through cancer themselves. Within a support group you are surrounded by others who can relate to your experiences and feelings. Many individuals find comfort in support groups, and group dynamics can often create a sense of belonging, making you feel understood and less alone. Joining a group provides a safe environment to share feelings and thoughts with others experiencing similar circumstances.

Common topics in support groups are the impact of a cancer diagnosis, the feeling of loss, emotional responses that can overcome us, physiological and physical losses, difficulty communicating to friends and family, how others react to us, the change in goals and values, and the meaning of life. Talking about these topics can provide confidence and a sense of self-control and help decrease feelings of helplessness as you learn to cope with a cancer diagnosis through an open forum discussion. Some women can express their feelings, while it may make others uncomfortable. If talking and sharing make you uncomfortable, then join to listen. Active listening can help improve your well-being and help you gain perspective.

Support groups can have positive benefits, which include stress reduction, improved coping skills, improved interaction with friends and family, and newfound friendships. A cancer diagnosis can be an immediate threat to life, but talking about it can bring a sense of self-control and the realization that you are not alone.

If talking and sharing make you uncomfortable, please feel free to join just to listen. Active listening can help improve your well-being and help you gain perspective.

Mission Hope Cancer Center is pleased to invite you to our

Support Group for Gynecologic Cancer

*New
support group
for women*



SESSIONS LED BY OUR
KNOWLEDGEABLE
FACILITATORS:



Mindy Nelson, RN, BSN
GYN Oncology Nurse Navigator



Katie Crafton, MSW, LCSW
Oncology Social Worker

■ Our newest support group is designed specifically for women diagnosed with gynecologic cancer (ovarian, fallopian tube, primary peritoneal, uterine, cervical, vaginal, and vulvar cancer). This group is offered to those individuals newly diagnosed, currently in treatment, recovering from treatment, as well as those living with ongoing treatment management.

To provide greater access for people to connect and flexibility for busy schedules, meetings are held virtually.



Meetings via Zoom

Second Tuesday of the month • 9:00 a.m.

September 13: Meditation

Guest speaker John Malinowski, ACSM-CET

October 11: Laughter Yoga

Guest speaker Kathryn Cherkas

Please call Mission Hope at 805.346.3441 to register

**Join us online for a
confidential and safe
discussion**



Kylie Conner, RDN
Registered Dietitian
Nutritionist

One study among colorectal cancer patients found that those who adopted healthy diet and lifestyle modifications increased their likelihood of **disease-free survival by up to 42.6%**

Research clearly shows dietary and lifestyle habits directly impact the risk of developing many different cancers. The International Agency for Research on Cancer has identified **thirteen cancers** associated with being overweight or obese: thyroid, postmenopausal breast, stomach, colon/rectal, esophageal, pancreatic, kidney, ovarian, uterine, liver, gallbladder, meningioma, and multiple myeloma. This list of cancers accounted for roughly 40% of all diagnosed cases in the year 2014.

The Impact of Obesity and Physical Activity on Cancer Recurrence

Though cancer prevention through diet and lifestyle modifications is a wonderful goal, this information is equally important for patients that have already received a cancer diagnosis. Additional research has been conducted that measures dietary and lifestyle habits on patient outcomes for those going through treatment or who have completed treatment. Many of us are aware of this fact, as 75% of newly diagnosed patients with cancer believe there is a dietary modification, supplement, or lifestyle factors that will improve their outcome.

Obesity has been linked to not only the development of multiple cancers, but also the recurrence of these diseases. Factors such as increased physical activity, decreased intake of refined grains, and increased vitamin D levels have all been shown to subsequently decrease this recurrence risk. One study that examined diet and lifestyle among colorectal cancer patients found that those who took on healthy diet and lifestyle modifications increased their likelihood of disease-free survival by up to 42.6%. That is a powerful statistic for cancer survivors looking to take their health into their own hands. This number represents the influence you have in controlling your own health outcomes, and hopefully that knowledge leaves you feeling both empowered and motivated. But what dietary and lifestyle modifications should you start with to improve your treatment outcomes or recurrence risk?

NUTRITION:

- Increase the quantity and variety of fruits and vegetables you eat
- Replace refined grains with whole grains (tip: check the nutrition label and choose carbohydrate sources containing 3g fiber per serving or more)
- Pair protein with carbohydrates to decrease insulin levels
- Avoid alcohol, added sugars, and processed meats
- Incorporate plant-based proteins such as nuts, seeds, and legumes into your diet regularly
- Utilize a Registered Dietitian Nutritionist for personalized nutrition planning (complimentary services available through Mission Hope)

PHYSICAL ACTIVITY:

- Utilize small bouts of exercise after meals to decrease insulin levels (e.g., a ten minute walk after dinner)
- Find enjoyable forms of cardiovascular and resistance exercise that you can sustainably participate in (experiment with different hobbies that contribute to your physical activity level)
- Utilize Mission Hope's exercise rehab program to gain more personalized and structured exercise guidance
- Aim for 150 minutes of moderate intensity exercise weekly. This works out to just 30 minutes per day five days a week.

First Steps: in Nutrition and Physical Activity

For further information about the topics on pages 10 and 12 as well as tools to support your health throughout your treatment and beyond, please join us to personally benefit from timely nutrition advice and practical exercise tips.

Led by Kylie Conner, Registered Dietitian, and John Malinowski, Cancer Exercise Trainer

Tuesday, September 20 • 2:00 p.m.

Topic: The Impact of Obesity and Physical Activity on Cancer Recurrence

Tuesday, October 11 • 2:00 p.m.

Topic: Dispelling Nutrition and Exercise Myths

Mission Hope Cancer Center

1325 East Church Street, Santa Maria

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

Try this delicious and simple salad to increase the quantity and diversity of fruits, nuts and greens in your diet.

Beet Salad With Goat Cheese

INGREDIENTS:

- 4 medium beets, cooked
- 1/2 c balsamic vinaigrette
- 1 shallot
- 8 oz baby greens
- 2 oz goat cheese
- 1/4 c roasted pistachios, chopped

Servings: 6

INSTRUCTIONS:

- Slice cooked beets into wedges. Place the beets into a bowl with balsamic vinaigrette and stir.
- Thinly slice the shallot. Place the greens on a plate, and remove the beets from the dressing bowl placing them on top of the greens.
- Add crumbles of goat cheese, shallot, and pistachios.
- Drizzle with remaining dressing and serve.





Kylie Conner, RDN
Registered Dietitian
Nutritionist

When you eat food with added sugar, eat a good source of protein at the same time. This helps slow down sugar absorption, resulting in a healthier blood sugar and insulin response

Nutrition and exercise advice can often seem confusing and overwhelming. You may receive advice from well-intentioned friends and family, or hear things online or from the news. With so many sources of advice, it can be difficult to decipher fact from fiction. In these situations, it is important to feel confident knowing how to spot trustworthy sources of health information.

Dispelling Nutrition and Exercise Myths

Here are a few tips for finding reliable, evidence-based sources of cancer-related nutrition and exercise advice:

NUTRITION:

- Speak to a registered dietitian nutritionist (RDN). RDNs complete an extensive education in nutrition and are the most qualified sources of nutrition advice
- Look for written advice from well-known, cancer research organizations, including:
 - American Institute of Cancer Research <https://www.aicr.org>
 - American Cancer Society <https://www.cancer.org/>
 - National Cancer Institute <https://www.cancer.gov/research>
- Be skeptical of any advice that tells you to permanently give up entire food groups. When in doubt, fact check what you heard by speaking to an RDN or looking at the recommendations on one of the websites above

NUTRITION:

- Speak to an American College of Sports Medicine certified exercise physiologist or trainer (ACSM-CEP or CET)
- Look for written advice from the American College of Sports Medicine. Go to their website and type “cancer” in the search box to find exercise resources <https://www.acsm.org>

Let’s put these tips into practice with a brief discussion of a common cancer myth you might have heard: “sugar feeds cancer.” The American Institute of Cancer Research breaks down the relationship between a diet high in added sugar and cancer in this article: <https://www.aicr.org/resources/blog/fruit-flies-sugar-and-your-cancer-risk/>

The key takeaway is that sugar alone is not the cause of the increase in cancer risk. It is actually the effect that repeated intake of high amounts of added sugar has on blood sugar and insulin levels that promotes cancer growth. To maintain healthy blood sugar and insulin levels while still occasionally enjoying sweet foods, follow these guidelines:

- Aim for an intake of added sugar that is less than 50g per day (equal to about one can of soda or less).
- When you do eat food with added sugar, eat a good source of protein at the same time. Protein helps slow down sugar absorption, resulting in a healthier blood sugar and insulin response.
- Be physically active. Regular aerobic exercise and resistance training improves insulin sensitivity. As a result, your body becomes more efficient at removing sugar from the blood.

Explore your creativity

Selected Wednesdays • 9:00 a.m.

Reservations required; please call 805.219.HOPE (4673) or 805.474.5334

The Art of Tie-Dye

Come learn to tie-dye while making a keepsake apron for yourself or for a holiday gift. Wear clothing you don't mind getting messy as you join others on a fun artistic adventure.

September 7 • Santa Maria

September 21 • Arroyo Grande

Acrylic Art Techniques

This month we are exploring imaginative techniques with acrylic paint in decorating pumpkins to create a festive fall masterpiece.

October 12 • Santa Maria

October 26 • Arroyo Grande

Join us to learn from Linda Denton, artist and art teacher, as she leads classes in two new creative projects: **making a tie-dye apron and decorating pumpkins with acrylic paint.**

All tools and materials supplied. No previous experience necessary.

For a sweet and filling snack or dessert idea full of protein, healthy fats, and fiber that will help you maintain a healthy blood sugar and insulin response, try this chocolate banana chia seed pudding recipe:

Chocolate Banana Chia Seed Pudding

INGREDIENTS:

- 1 medium, ripe banana
- ½ cup chia seeds
- 1.5 cups milk, 2% or nonfat
- 3 Tbsp. cocoa powder
- 3 Tbsp. brown sugar
- ½ tsp vanilla extract

Prep Time: 10 minutes

Total Time: 10- 40 minutes • Servings: 2-4



INSTRUCTIONS:

- Add all ingredients except the strawberries to a blender. Blend until smooth, about 1-2 minutes. Scrape down the sides as needed.
- Pour into small glass bowls and chill in the fridge for at least 30 minutes. Skip the refrigeration and enjoy immediately if room temperature is preferred.
- Top each bowl with fresh fruit or other desired toppings.

CUSTOMIZE IT:

- For more blood sugar balancing ingredients, top with 1 Tbsp. chopped nuts, peanut butter, or dried unsweetened coconut flakes.

Handy tip:

Double or triple the recipe and store in the fridge for a sweet, grab-n-go snack option throughout the week

Celebrating the women in our community with a fun two-part event focusing on wellness, education, and finding joy

Girls Night Out

Thursday, October 13 • 5:00 p.m.

First, join us to learn from our expert medical panel of **Wei Bai, MD, Colleen O'Kelly Priddy, MD, FACS**, and **K. April Kennedy, MD**, with Master of Ceremonies **Ben Wilkinson, MD, FACRO**, as they lead a discussion about Breast and GYN Oncology. Get your questions answered in our popular interactive session.

- *Appetizers and champagne served*
- *Raffle giveaways throughout evening*



Wei Bai, MD



K. April Kennedy, MD



Colleen O'Kelly Priddy, MD, FACS



Ben Wilkinson, MD, FACRO



April Schirmer (left) and Lisa Murray (right) of Two Life Coaches, One Purpose

After the interactive session, hear from 'Two Life Coaches, One Purpose' to gain valuable insight on the topic of Identifying Energy Drainers and Gainers.

- Learn how to choose wisely between the energy drainers and energy gainers in your life.
- Engage in simple exercises, a worksheet, and an open, safe conversation so that you walk away feeling positive and energized!

Seating is limited for this special event; please call Mission Hope now to register at **805.219.HOPE (4673)**

This popular event fills up quickly.

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

Breast cancer is the most common malignancy diagnosed in women. The National Cancer Institute (NCI) estimates that 12.9% of women will develop breast cancer during their lifetime. Despite this sobering statistic, the majority of women with breast cancer will not only survive the disease, but thrive, enjoying healthy, active lives.

Breast Cancer Treatment, Surveillance and Survivorship

Breast cancer can be a whirlwind of doctors visits, as patients are shepherded through various treatments which move them toward the goal of curing their cancer. These include surgery, and depending on the type of breast cancer, can also include chemotherapy, radiation treatments and hormone blocking agents.

Treatment is individualized to give each patient the best chance for cure and avoid overtreatment. Tumor characteristics such as size, lymph node involvement, grade, Her2neu expression, estrogen receptor status, and molecular tests, give us clues as to how the cancer will behave. Armed with this information, the patient's oncology team makes recommendations for treatment, which then proceeds after shared decision making with each patient. Treatment can be challenging for patients and impacts are felt not only by the patient, but also family members and other caregivers, all of whom require education and support to afford the best possible outcome. Frequent visits are necessary during treatment to identify and rapidly manage symptoms, both to avoid complications which could interrupt treatment, and to avoid patient distress and discomfort.

However, once through treatment, what next? The NCI considers an individual a cancer survivor from the time of diagnosis, through the balance of life. After completion of treatment, it's essential that cancer survivors continue to follow up with their providers. This can include surveillance by surgeons, medical and radiation oncologists, as well as the patient's primary care physician. The focus shifts to monitoring for late complications from treatment, recurrence of disease, and evaluating for second malignancies. A holistic approach is necessary not only to address these issues but also others which can be intimately tied to a cancer diagnosis. These can include cognitive difficulties, lymphedema, anxiety and depression, fatigue, symptoms of hormone withdrawal, and sexual dysfunction, among others. The importance of making healthy lifestyle choices and maintaining healthy body weight are also discussed.

Though management of breast cancer today is complex, It's important to remember that the overall goal is for patients to live their best lives. Decades of research to better understand and address the above issues and offer support to patients, family members and caregivers have helped us understand that survivorship is "not one condition, but many", and that by doing so, all involved may flourish.



K. April Kennedy, MD
Medical Oncology/
Hematology

Though management of breast cancer today is complex, It's important to remember that the overall goal is for patients to live their best lives

Mission Hope
Medical Oncology SM
805.349.9393

Mission Hope
Medical Oncology AG
805.474.5310

September 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 MHW=Marian Health & Wellness, Santa Maria SM=Mission Hope, Santa Maria			1 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm	2 Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
5 Office Closed 	6 Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm	7 Circuit Training (MHW) Art Therapy–Tie-Die Apron (SM) 9:00 am  Mindful Motions 5:00 pm	8 Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG) Your Story Matters (SM) 3:00 pm	9 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Jewelry Making Class (SM) 1:00 pm
12 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	13 Lymphedema Prevention Exercise (MHW) Origami (SM)  Gynecologic Cancer Support Group 9:00 am  Cancer Patient Support Group 1:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm	14 Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm PRESENTATION (SM): Gynecologic Cancers and Modern Medicine 5:00 pm	15 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm	16 Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
19 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	20 Lymphedema Prevention Exercise (MHW) First Steps Class (SM) 2:00 pm Breast Cancer Support Group (SM) 4:00 pm  PRESENTATION: Palliative Care and Cancer 5:30 pm	21 Circuit Training (MHW) Art Therapy–Tie-Die Apron (AG) 9:00 am Metastatic Breast Cancer Support Group (SM) 1:00 pm	22 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG) Men's Cancer Support Group (SM) 9:00 am  Gentle Yoga 10:00 am Your Story Matters (SM) 3:00 pm	23 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Jewelry Making Class (AG) 1:00 pm
26 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	27 Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm	28 Circuit Training (MHW) Learn Golf Caring for Loved One Support Group (SM) 1:00 pm Young Women Breast Cancer Group (SM) 6:00 pm	29 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG) TRX Workouts (AG)	30 Aquatic Therapy (AHC) Fight Against Falls Class (MHW)

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	4 Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm	5 Circuit Training (MHW)  Mindful Motions 5:00 pm	6 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) Your Story Matters (SM) 3:00 pm  Advanced Cancer Support Group 3:00 pm	7 Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
10 Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	11 Lymphedema Prevention Exercise (MHW) Origami (SM)  Gynecologic Cancer Support Group 9:00 am  Cancer Patient 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 4:00 pm (Guest speakers)	12 Circuit Training (MHW) Art Therapy–Pumpkin Painting (SM) 9:00 am Learn Golf  All Blood Cancers Support Group 1:00 pm  Mindful Motions 5:00 pm	13 Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG) SPECIAL EVENT (SM): Girls Night Out 5:00 pm MEDICAL PANEL: Wei Bai, MD Colleen O'Kelly Priddy, MD K. April Kennedy, MD Ben Wilkinson, MD AND SPECIAL GUESTS: April Schirmer Lisa Murray	14 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Jewelry Making Class (SM) 1:00 pm
17 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  General Cancer Support Group 11:00 am Knitting Group (SM) 2:00 pm	18 Lymphedema Prevention Exercise (MHW) Breast Cancer Support Group (SM) 4:00 pm	19 Circuit Training (MHW) Metastatic Breast Cancer Support Group (SM) 1:00 pm	20 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (AG/MHW) TRX Workouts (AG)  Gentle Yoga 10:00 am  Advanced Cancer Support Group 3:00 pm Your Story Matters (SM) 3:00 pm	21 Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
24 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	25 Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm	26 Circuit Training (MHW) Art Therapy–Pumpkin Painting (AG) 9:00 am Learn Golf Caring for Loved One Support Group (SM) 1:00 pm Young Women Breast Cancer Group (SM) 6:00 pm	27 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	28 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Jewelry Making Class (AG) 1:00 pm
31 Gentle Yoga (AG) Lymphedema Prevention Exercise (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.

SEP 13 & OCT 11; 3:00 PM



Virtual/Zoom Meeting

Llame a Teresa at 805.458.4526

Aquatic Therapy Class

Allan Hancock College, SM

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.

SEP 2, 9, 16, 23, 30 &

OCT 7, 14, 21, 28

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

SEP 7; 9:00 AM Tie-Die Apron

SEP 13 & OCT 11 Origami Class

OCT 12; 9:00 AM Pumpkin Painting

Mission Hope Cancer Center, AG

SEP 21; 9:00 AM Tie-Die Apron

OCT 26; 9:00 AM Pumpkin 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 exercise is low impact and suitable for all ages and abilities.

Mission Hope Cancer Center, AG

SEP 1, 15, 22, 29 & OCT 6, 20, 27

Reservation and assessment required; please call 805.474.5334

Support Groups for Women:

Breast Cancer Support 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.

SEP 6 & OCT 4; 4:00 PM



Virtual/Zoom Meeting

Please call 805.346.3402 for details

Mission Hope Cancer Center, SM

SEP 20 & OCT 18; 4:00 PM

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

TUESDAYS; 5:45 PM



Virtual/Zoom Meeting

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

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.

Mission Hope Cancer Center, SM

SEP 28 & OCT 26; 6:00 PM

(Option for zoom or in-person)

Reservation required; please call 805.346.3405

Gynecologic Cancer Support Group

Our newest support group is designed to give individuals with gynecologic cancers a forum to share their experiences and expand their support system.

SEP 13 & OCT 11; 9:00 AM



Virtual/Zoom Meeting

Guest Speakers: John Malinowski, ACSM-CET, and Kathryn Cherkas

To register, please call 805.346.3441

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

✿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.

Mission Hope Cancer Center, SM

SEP 21 & OCT 19; 1:00 PM

Reservations required; please call 805.346.3405 to register

✿Cancer Patient Support Group

Meetings begin with a stress reduction education, followed by group discussion.

SEP 13, 27 & OCT 11, 25; 1:00 PM



Virtual/Zoom Meeting

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

Cancer Rehabilitation

A 12-week program which includes group strengthening and aquatic exercise. Each participant meets one-on-one with our Certified Exercise Trainer 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)

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

Check out our newest creative opportunity

Jewelry Making Class

Facilitated by Terrie Miley

Take a moment to relax and connect with others while creating something beautiful. We will be making two pairs of earrings—one to wear out and another to take home or gift. Materials will be provided.

Selected Fridays • 9:00 a.m.

September 9 and October 14 • Mission Hope, Santa Maria

September 23 and October 28 • 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

SEP 7, 14, 21, 28 & OCT 5, 12, 19, 26

Reservation and assessment required; please call 805.346.3413

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

SEP 2, 9, 16, 23, 30
& OCT 7, 14, 21, 28

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

SEP 1, 8, 15, 22, 29 &
OCT 6, 13, 20, 27

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 nutrition advice with practical exercise tips.

Mission Hope Cancer Center, SM

SEP 20 & OCT 11; 2:00 PM

**September Topic: The Impact of Obesity
and Physical Activity on Cancer Recurrence**

**October Topic: Dispelling Nutrition and
Exercise Myths**

Reservations required, please call 805.219.HOPE (4673)

✿General Cancer Support Group

Open to anyone going through cancer either in active treatment or remission.

OCT 17; 11:00 AM



Virtual/Zoom Meeting

Reservations required, please call 805.219.HOPE (4673)

✿Gentle Stretching for Beginners

In this class we perform static stretching which means we gently move our body through a range of motion that causes a slight pull on the intended muscle group we are targeting—no pain involved.

Mission Hope Cancer Center, AG

SEP 1, 8, 15, 22, 29 &
OCT 6, 13, 20, 27

Reservation and assessment required; please call 805.346.3413

✿Jewelry Making Class

Join us to relax and connect with others while creating something beautiful. We will be making two pairs of earrings. Materials will be provided.

Mission Hope Cancer Center, SM
SEP 9 & OCT 14; 1:00 PM

Mission Hope Cancer Center, AG
SEP 23 & OCT 28; 1:00 PM

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

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

SEP 14, 28 & OCT 12, 26

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.

SEP 1, 15 & OCT 6, 20; 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 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

SEP 6, 13, 20, 27 & OCT 4, 11, 18, 25

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

SEP 12, 19, 26 &

OCT 3, 10, 17, 24, 31

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.

SEP 14 & OCT 12; 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

SEP 22 & OCT 27; 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.

SEP 7 & OCT 5; 5:00 PM



Virtual/Zoom Meeting

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

✿Palliative Care and Cancer

Jemely R. Villegas, NP-C, will share the important role that palliative care can play in cancer treatment and recovery. Question and answer session included.

SEP 20; 5:30 PM



Virtual/Zoom Meeting

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

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

SEP 9, 23 & OCT 14, 28

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.

SEP 19 & OCT 17; 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

✪Reconnecting to Nature

Monthly 90-minute outdoor drop in sessions will be an organic exploration in community of nature-based practices related to the needs of our times. Held offsite at Dallidet Gardens.

Hearst Cancer Resource Center, SLO
SEP 22; 8:30 AM

Please call 805.542.6234 or email HCRC@dignityhealth.org to register

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.

OCT 11; 4:00 PM



Virtual/Zoom Meeting

Guest Speakers: Ramandeep Badhan, DDS, and Harneet Kaur, DDS
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
SEP 28 & OCT 26; 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
SEP 1, 8, 15, 22, 29 &
OCT 6, 13, 20, 27
Reservation and assessment required; please call 805.474.5334



Look for this symbol

**Many exciting new support
groups, lectures and workshops
now available.**

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
SEP 12, 19, 26 & OCT 3, 10, 17, 24;
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
OCT 6, 13, 20, 27
Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG
SEP 1, 8, 12, 15, 19, 22, 26, 29 &
OCT 3, 6, 10, 13, 17, 20, 24, 27, 31
Reservation and assessment required; please call 805.474.5334

SEP 22 & OCT 20; 10:00 AM



Virtual/Zoom Meeting

Reservations required; please call HCRC at 805.542.6234 or email HCRC@dignityhealth.org

✪Your Story Matters

This eight-week course is filled with discovering, writing, and sharing your own remarkable life stories as well as reflecting on why your story matters. No writing experience is necessary. (See page 1 for details)

Mission Hope Cancer Center, SM
SEP 8, 22 & OCT 6, 20; 3:00 PM
Reservations required; please call 805.219.HOPE (4673)

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

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
805.474.5300 • www.missionhopecancercenter.com

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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 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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Like us on Facebook:
Mission Hope Cancer Center

BREATHE • MOVE • ENERGIZE



Come and join us at the barre!

Barre Exercise Classes

Instructor: Lindsey Hughes, RN, BSN, OCN, PHN

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays at 3:30 p.m.

September 1, 15, 22, 29 and October 6, 20, 27

Third Floor Conference Room

850 Fair Oaks Avenue, Arroyo Grande

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

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your overall well being. Physical activity with others can boost your mood, enhance relationships, and create a deep sense of connection. Focusing on balance, core strength, and pelvic floor exercises, barre is a low impact combination of yoga, ballet, and pilates. Every movement in barre can be modified or intensified to tailor to each person's individual needs and can still be enjoyed at a group level. At Mission Hope Cancer Center we offer weekly barre classes, giving patients and cancer survivors an opportunity to become stronger in their bodies and build strong relationships within the cancer community.

