

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

November/December 2022

ADVANCEMENTS IN NUCLEAR MEDICINE

New PET Scan for Prostate Cancer

Why is this an important breakthrough?

A prostate-specific membrane antigen (PSMA) positron emission tomography (PET) scan is a new type of nuclear medicine procedure for men with prostate cancer. PSMA PET scans are currently most commonly used in two different clinical scenarios: (1) in men with newly diagnosed prostate cancer who are at risk for metastatic disease, and (2) men who have previously been treated for their prostate cancer with curative intent (e.g., with surgery and/or radiation) and now have suspected persistent or recurrent disease based on a rising prostate specific antigen (PSA) level in their blood.

For men with newly diagnosed prostate cancer, PSMA PET has a moderate sensitivity but very high specificity for identifying lymph nodes in the pelvis that harbor prostate cancer; this means that an abnormal lymph node on the scan is almost certainly prostate cancer and the urologist or radiation oncologist can adjust their planned therapy accordingly. This also means that a substantial number of men will have scans that do not show abnormal lymph nodes, even though prostate cancer is present in the nodes. For such men, there may still be important prognostic information in the scan. Further, in a small number of men with newly diagnosed disease, unsuspected distant metastases (i.e., foci of disease outside of the pelvis) will be found on the PSMA PET scan. This is uncommon, but will often have a profound effect on the chosen therapy.

For men with persistent or recurrent disease, PSMA PET appears to be the most sensitive modality available for identifying sites of disease. In men with very low PSA values, slow PSA rises, and lower grade-group/Gleason scores at initial diagnosis, there may be reduced detection efficiency of the scan. Nonetheless, both positive scans and negative scans can impact decision-making and therapeutic options for men with persistent or recurrent disease.

**Casey Carlson**

Sr. Director, Imaging Services
Dignity Health
Marian Regional Medical Center

For men with persistent or recurrent disease, PSMA PET appears to be the most sensitive modality available for identifying sites of disease.

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

MARIAN REGIONAL MEDICAL CENTER FOUNDATION

On October 5, 2022, Mission Hope Cancer Center, Santa Maria, leaders received a generous donation of 15 iPads from CoastHills Credit Union. These new iPads will be available for patients to use during chemotherapy infusion treatments, while waiting for appointments or treatments, and for educational purposes in the Marian Cancer Care office for support services.



CoastHills Credit Union Donates iPads to Mission Hope Cancer Center for Patient Use

"As soon as we heard that Mission Hope Cancer Center was in need of new iPads, we knew we had to help," says Paul Cook, President and CEO of CoastHills Credit Union. "It's truly an honor to support the hard work and dedication of everyone at Mission Hope Cancer Center, and we hope this gift will bring a level of comfort to all the patients who use them."

"We're grateful to CoastHills Credit Union for donating these iPads to help our patients during their journey," explains Wei Bai, MD, medical oncologist and hematologist at Mission Hope Cancer Center. "Patients will be able to use these iPads for the duration of their visit while they undergo cancer treatments. Our hope with the use of the iPads is that patients will be provided with a source of entertainment and escape while they battle cancer. Additionally, they will be an educational resource related to learning more about treatment side effects."

Health, Hope and Healing: 2022 Year-End Gift

As you spend time with family and friends this holiday season and take time to treasure your family, your friends, your health, and your community, please take a moment now to make a meaningful gift to Marian Cancer Care at Mission Hope Cancer Center to support local cancer patients in need. Your gift may support general patient care, a specific department, or a service of significance to you. Gifts may also be made in honor of someone special, in memory of a loved one, or in recognition of a caregiver.



To make a donation, scan the QR code or
give us a call.

Marian Regional
Medical Center Foundation
805.739.3595
www.SupportMarianMedical.org

The 9th Annual Day of Hope

*Delivering hope:
Day of Hope 2022
was a record breaker!*

IT'S OFFICIAL: The Day of Hope 2022 event held August 17 raised **\$344,720** for local cancer patients at Mission Hope Cancer Center. This total represents the support of more than 30 generous event sponsors, more than 40 dedicated community teams, and hundreds of donors throughout the community and nation.



Thanks to everyone who joined us on September 21 for the Day of Hope Celebration where the event's revenue outcome was announced.

Helping deliver hope
to local cancer patients.

**EVENT
PARTNERS**

Dignity Health.
Marian Regional Medical Center

**MISSION
HOPE**
CANCER CENTER

**SANTA
MARIA TIMES**

RISE&RALLY

FOR OUR MOTHERS, SISTERS, DAUGHTERS AND FRIENDS

Join Arroyo Grande Community Hospital Foundation

During the month of October, teams of community members will participate in online fundraising to support advanced mammography & biopsy technology.

Matching Donors

We are thrilled to announce that we have not one, but TWO matching donors for our Rise & Rally campaign to fundraise for new, life-saving mammography and biopsy technology.

- Henry Myers of Kon Tiki Inn and Pismo Beach Athletic Club
- Noreen Martin of Martin Resorts, Shore Cliff, Avila Lighthouse, Pismo Lighthouse, Paso Robles Inn, and Piccolo Hotel

Both donors have pledged \$50,000 in matching funds to our cause, for a grand total of \$100,000! That means each donation will be matched, dollar for dollar, pushing us closer to our goal of \$650,000.



Breast Cancer Survivor Comes Back to Mission Hope to Help Patients Thrive

Meghan was diagnosed with breast cancer on April Fool's Day, 2020.

"You never forget that day; it's an easy day to remember," she said.

The 20-something Five Cities resident felt a lump in her breast. Despite her age, Meghan went to her primary care physician to have it checked out. She got an ultrasound and a biopsy and waited for her results.

"I was called back to the office to get that news that you never want to hear—that it

was breast cancer," she said, adding that her doctor quickly got her into the oncology team at Mission Hope Cancer Center in Arroyo Grande for treatment.

Meghan soon started receiving chemotherapy infusions at Mission Hope Cancer Center in Arroyo Grande.

"It was really nice that ... I didn't have to travel so far to Santa Maria for treatments. It was convenient to be able to be close to home, being able to get those rides to my chemo infusions," she said. "You're already so exhausted getting chemo and everything, not having to travel as much is huge."

Meghan believes that staying close to home for treatment helped her healing process. That's why she supports Arroyo Grande Community Hospital Foundation's efforts to bring new, advanced mammography and biopsy equipment to the Five Cities. The Rise & Rally Fundraising Campaign is taking place throughout the month of October.

"Having any other kind of testing or exams here is really nice," Meghan said. "All the staff are so amazing here, and I think that's what really helped me get through [having cancer]. I liked it so much that I ended up coming and working here. So I guess they couldn't keep me away from here too long!"

Her goal as a nurse at Mission Hope Cancer Center is to give patients the strength and comfort they need to get through their cancer diagnosis to live happy, healthy lives.

Rise & Rally Celebration March and Car Show

**Sunday, November 6
12 to 3pm**

Matthew Will Memorial Medical Center
850 Fair Oaks Ave., Arroyo Grande, CA 93420

Join us at this free, family-friendly
community event. **Dress in pink!**

- Car Show
- Celebration March around AG Hospital campus
- Food trucks
- Music
- Recognition of highest fundraising teams



RISE&RALLY

FOR OUR MOTHERS, SISTERS, DAUGHTERS AND FRIENDS

Become a Supporting Sponsor for only \$250

Rise & Rally Supporting Sponsors will receive recognition throughout the month of October with their name and/or logo on this website, social media and at the Rise & Rally Celebration March and Car Show on Sunday, November 6th. Sponsorships can be made in honor of a caregiver or survivor, in memory of a loved one or to recognize an individual, family or business.

Ready to join us?

Scan the QR code to get started today!



You are invited to join us for a free informal discussion

Navigating Grief During the Holidays



■ With the loss of a loved one, the holiday season may no longer hold appeal. Many find it challenging to face the festivities in new circumstances. You are welcome to join us for a free informal discussion which will focus on practical ways to minimize negative feelings and feature helpful strategies to cope with depression, especially during the holidays.

FACILITATORS:

Max Boveri, LMFT
Bereavement Counselor/Coordinator

Katie Crafton, MSW, LCSW
Oncology Social Worker

Brianda Lemus, ASW
Oncology Social Worker

Wednesday, November 16 • 5:00 to 7:00 p.m.

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)

We can help you take the
journey of healing one step
at a time.

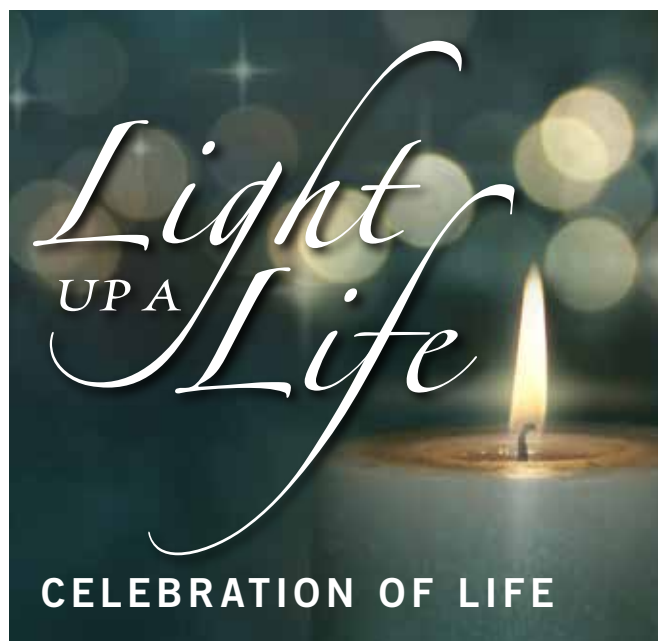
■ Join us in person or virtually for our candlelight celebration as we remember our loved ones. We will gather together, with each candle a glowing symbol of life and spirit of someone loved and remembered.

Tuesday, December 13, 2022 • 6:00 p.m.

First United Methodist Church
311 South Broadway, Santa Maria

To watch the ceremony online, go to www.dignityhealth.org/central-coast/light-up-a-life or scan the QR code below.

For event information, contact Christine Meugniot at 805.614.2032



Stomach cancer is one of the most common cancers worldwide. In the United States, more than 20,000 patients are diagnosed annually. Below we discuss the risk factors associated with stomach cancer, symptoms to look for, and steps you can take to reduce your risk. In addition, learn about the diagnosis, prognosis and treatment of stomach cancer.

Learning About Stomach Cancer

The rates of stomach cancer incidence are higher in people from South America, Eastern Asia and Eastern Europe. There are several risk factors for stomach cancer that have been recognized—environmental and family history being the two main risk factors. Environmental risk factors include *Helicobacter pylori* infection, diet high in salt and salt-preserved foods, such as cured meat, salted fish and vegetables, obesity and smoking. There are some known genetic mutations that can cause hereditary stomach cancer. If two or more close family members have stomach cancer, a formal genetic counseling and testing should be considered.

Most patients with stomach cancer have symptoms, which are commonly persistent abdominal pain and weight loss. Weight loss may be due to anorexia, early satiety (feeling full after eating small amounts of food) and/or dysphagia (difficulty swallowing). Diagnosis is typically made by esophagogastroduodenoscopy (EGD). When the diagnosis is made, additional tests are done, including endoscopic ultrasound (EUS) and CT scan, to establish the stage of the cancer. Prognosis and treatment depend on the stage. Early stage cancer has the best prognosis with survival rate in the

90 percent range. A very small cancer with low risk features can sometimes be treated with endoscopic resection where a gastroenterologist removes the tumor from inside the stomach. A more advanced stage of cancer requires the addition of chemotherapy and/or radiation therapy along with surgery. A late stage cancer where it has spread to distant organs, such as the liver, unfortunately is not curable. Much progress has been made, however, in the development of systemic therapy with chemotherapy and immunotherapy, and patients with even late stage cancer are living longer.

There are steps you can take to reduce the risk of developing stomach cancer. Minimize consumption of foods high in salt and avoid cured meat. Stop smoking. Exercise and lose weight if you are overweight or obese. Studies have shown eating fruits, particularly citrus fruits with high vitamin C, is protective against developing stomach cancer. Ask your doctor to test for *Helicobacter pylori* infection if you are from an area with high incidence of stomach cancer or have a strong family history of stomach cancer.

If you or a loved one has symptoms or concerns, please call Mission Hope Cancer Center to speak with one of our experts about next steps.



Kevin Kim, MD
Medical Oncology/
Hematology

Most patients with stomach cancer have symptoms which are commonly persistent abdominal pain and weight loss. Get these checked out immediately.

Mission Hope
Medical Oncology
805.349.9393



John Malinowski,
ACSM-CET
Cancer Rehabilitation
Program

Lifestyle choices can have a direct impact on our health and wellness. We are here to help you achieve your goals

Goal setting in terms of nutrition and physical activity for those receiving cancer treatments have a strong similarity to goal setting for other areas of your life. The similarity is these goals need to be SMART goals. We all have set goals which we have great intentions to achieve but end up not being met. When someone has a cancer diagnosis there is a bit more incentive to meet the goals we set! We know that lifestyle choices can have a direct impact on our health and wellness. Using the SMART acronym to fine tune our goals can dramatically increase the likelihood of reaching our goals.

Smart Goal Setting for Success

Setting SMART goals consists of:

- 1 Set goals that are **specific**. Instead of saying I am going to get more physical activity say I am going to walk four days a week.
- 2 Set goals that are **measurable**. Using a journal or a simple calendar to log your progress can help hold yourself accountable. Instead of saying I'm going to incorporate more vegetables into my diet, say I am going to fill $\frac{2}{3}$ of my plate with vegetables at dinner every night.
- 3 Set **attainable** goals. It is easy to shoot for the moon when setting goals; however, we want to avoid setting ourselves up for failure. Gather up the information and resources necessary to put yourself into a position to be successful. We are happy to help you with that!
- 4 Set goals that are **realistic**. If you are not currently physically active it is not wise to make a goal like I am going to meet the current guidelines of 150-300 minutes of physical activity this week. Instead think about making a goal of I am going to call my doctor tomorrow to inquire about starting a physical activity program.
- 5 Set goals that are **time dependent**. Think about when you want to start your goal and set it. I am going to start incorporating at least four servings of vegetables daily and walking 10 minutes after dinner starting tomorrow. Establishing a timeline to your goal helps increase adherence.

For more in-depth information on the topics of nutrition and exercise to support your health throughout your treatment and beyond, please join us at our monthly meeting:

First Steps: in Nutrition and Physical Activity

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

Tuesday, November 8 • 2:00 p.m.

Topic: Goal Setting in Nutrition and Exercise

Tuesday, December 13 • 2:00 p.m.

Topic: Helpful Holiday Tips for Nutrition and Exercise

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)

Ginger adds a fragrant zest to both sweet and savory foods. In addition to great taste, ginger provides a range of health benefits that you can enjoy in many forms. Try a new recipe today!

Carrot Ginger Soup

INGREDIENTS:

- 3 tablespoons butter
- 1 1/2 pounds carrots (6 to 7 large carrots), peeled and sliced thin
- 2 cups chopped white or yellow onion
- 1 teaspoon minced ginger
- 2 cups chicken stock or vegetable stock
- 2 cups water
- 3 large strips of zest from an orange
- Chopped chives, parsley, dill or fennel for garnish



INSTRUCTIONS:

1. Sauté onions and carrots: Melt the butter in a soup pot over medium heat and cook the onions and carrots, stirring occasionally, until the onions soften, about 5 to 8 minutes. Do not let the onions or carrots brown.
2. Add stock and water, ginger, and strips of orange zest. Bring to a simmer, cover, and cook until the carrots soften, about 20 minutes.
3. Remove the strips of orange zest: It's easy to forget this step, and if you forget and purée the soup with the strips of zest still in it, the soup may be too bitter for your taste.
4. Purée soup: Purée the soup with a stick blender, or working in small batches, pour the soup into a blender and purée until completely smooth. Only fill the blender bowl a third full with the hot liquid and keep one hand pressing down on the cap of the blender to keep it from popping off.

Healthy Ginger Loaf

INGREDIENTS:

- | | |
|---|----------------------------|
| 1/4 cup molasses | 2 cups whole wheat flour |
| 1/4 cup maple syrup | 1 teaspoon baking powder |
| 1 cup applesauce, unsweetened | 1 teaspoon baking soda |
| 1 egg | 1 tablespoon ground ginger |
| 1/4 cup coconut oil melted +
cooled to room temp | 2 teaspoons cinnamon |
| 1/2 cup almond milk | 1/2 teaspoon nutmeg |
| | 1/4 teaspoon ground cloves |

INSTRUCTIONS:

1. Preheat oven to 350 degrees and prepare a greased 8x4 loaf pan.
2. In a bowl, mix molasses, maple syrup, applesauce, egg, almond milk, coconut oil until smooth.
3. Add in whole wheat flour, baking powder, baking soda and spices. Mix until combined.
4. Pour batter into greased 8x4 loaf pan. Bake for 40–45 minutes until a toothpick or cake tester comes out completely clean when inserted in the center of the bread.
5. Allow the bread to cool for 30 minutes before removing from the pan. Store in an airtight container in the refrigerator to maintain freshness.



HEALTHY ROUTINES AND HOLIDAYS

The holiday season brings many joyous things into our lives. We often spend time with family and loved ones we don't see on a regular basis and with that sometimes our normal routine can be disrupted. This holiday season use some of these tips to enjoy the season but attempt to remain on track with your routine or establish a new routine to help you become more healthy.

Tips to Enjoy a Healthy Holiday

- 1 You may feel pressured to eat some foods you are trying to minimize or have a second helping of something. It is okay to say no thank you; I'll wait until I'm not so full.
- 2 Avoid skipping meals to save room for the big meal. Try to eat normal meals and snacks to help balance your blood sugar levels and avoid the temptation of overeating.
- 3 Practice mindful eating. Being aware of all the senses can help you enjoy the meal in a new way. By noticing the appearance, different textures, aromas and tastes you may find yourself eating more slowly and actually eating less than you otherwise would have.
- 4 Try getting some physical activity early in the day. Getting your workout done early gets your metabolism kick-started. This can help you burn a few more calories throughout the day.
- 5 Incorporate your family or friends into your physical activity. Going for a walk with others after cleaning up the dinner dishes can help everyone burn a few calories and stabilize the blood sugar levels. This can help to avoid the energy crash you may feel after the holiday meal.
- 6 Be a little flexible. The holidays can involve many changes in our schedules and routines. So just remind yourself you don't need to do your exact exercise routine for it to be meaningful. Modifying your routine can still give you the healthy benefits while also enjoying the holidays with those you love.

If you have questions please call John Malinowski at 805.346.3413 to reserve a spot in our First Steps: in Nutrition and Physical Activity class.

After dinner, take a walk outdoors to enjoy the holiday decorations in your area. Going for a walk with others after cleaning up the dinner dishes can help everyone burn a few calories and stabilize the blood sugar levels.

Explore your creativity

**FREE
HANDS ON WORKSHOPS
OPEN TO EVERYONE**

Meditative Coloring

Led by Terrie Miley

Meditative coloring is a practice that allows you to focus on what is in front of you while allowing your mind to rest and worries and fears are given a break. The practice encourages mindfulness and relaxation while enjoying a childhood favorite activity. Coloring is something anyone can enjoy.

SANTA MARIA

Friday, November 4 • 10:00 a.m.

1325 East Church Street, Santa Maria



Holiday time can be stressful; take time for yourself to engage in a creative and soothing activity while learning a new skill.

All tools and materials supplied. No previous experience necessary.



Holiday Cards in Watercolor

Led by Linda Denton

Come join others and learn how to paint with watercolors while making beautiful holiday cards for your family and friends. Our talented instructor will walk you through producing a card you will be proud of and is sure to be enjoyed by others. No painting experience required; come as you are and be ready to have fun.

SANTA MARIA

Wednesday, November 30 • 9:00 a.m.

1325 East Church Street, Santa Maria

ARROYO GRANDE

Thursday, December 1 • 1:00 p.m.

850 Fair Oaks Avenue, Third Floor

Jewelry Making Class

Led 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.

SANTA MARIA

Friday, December 2 • 10:00 a.m.

1325 East Church Street, Santa Maria



■ Seating is limited and reservations are required for all classes. Please call Mission Hope to register at 805.219.HOPE (4673) or 805.474.5334

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm	2 Circuit Training (MHW)  Guided Meditation 5:00 pm	3 Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (MHW) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm Your Story Matters (SM) 3:00 pm	4 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Art Therapy–Meditative Coloring (SM) 10:00 am
7 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	8 Lymphedema Prevention Exercise (MHW) Origami (SM) First Steps Class (SM) 2:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm  Gynecologic Cancer Support Group 4:30 pm	9 Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm  PRESENTATION: Caregivers and Spirituality Discussion 5:30 pm	10 Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (MHW) TRX Workouts (AG)  Gentle Yoga 10:00 am	11 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
14 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	15 Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm  Breast Cancer Support Group 4:00 pm	16 Circuit Training (MHW) DISCUSSION: Navigating Grief During the Holidays (SM) 5:00 pm	17 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) Gentle Yoga (MHW) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm Your Story Matters (SM) 3:00 pm	18 Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
21 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  General Cancer Patient Support Group 11:00 am Knitting Group (SM) 2:00 pm	22 Lymphedema Prevention Exercise (MHW)	23	24  Office Closed	
28 Knitting Group (SM) 2:00 pm	29 Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm	30 Circuit Training (MHW) Art Therapy–Holiday Card Watercolors (SM) 9:00 am Caring for Loved One Support Group (SM) 1:00 pm Young Women Breast Cancer Group (SM) 5:30 pm Wreath Making		

December 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. The class schedule has been adjusted in honor of the Holidays. Check carefully; call with questions.  =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) TRX Workouts (AG) Art Therapy–Holiday Card Watercolors (AG) 1:00 pm Your Story Matters (SM) 3:00 pm  Advanced Cancer Support Group 3:00 pm	2 Fight Against Falls Class (MHW) Jewelry Making Class (SM) 10:00 am
5 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	6 Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm  Breast Cancer Support Group 4:00 pm	7 Circuit Training (MHW)  Guided Meditation 5:00 pm	8 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)  Gentle Yoga 10:00 am	9 Fight Against Falls Class (MHW)
12 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  General Cancer Support Group 11:00 am Knitting Group (SM) 2:00 pm	13 Lymphedema Prevention Exercise (MHW) Origami (SM) First Steps Class (SM) 2:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm  SPOHNC, Santa Maria 3:30 pm Guest Speaker: Katie Crafton, MSW, LCSW  Gynecologic Cancer Support Group 4:30 pm	14 Circuit Training (MHW)  All Blood Cancers Support Group 1:00 pm Caring for Loved One Support Group (SM) 1:00 pm	15 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)  Advanced Cancer Support Group 3:00 pm Your Story Matters (SM) 3:00 pm	16 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
19 Lymphedema Prevention Exercise (AG)  General Cancer Patient Support Group 11:00 am Knitting Group (SM) 2:00 pm	20 Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm  Breast Cancer Support Group 4:00 pm	21 Circuit Training (MHW) Metastatic Breast Cancer Support Group (SM) 1:00 pm	22 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	23  Office Closed
26  Office Closed	27	28 Young Women Breast Cancer Group (SM) 5:30 pm Christmas Party	29	30

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.

NOV 8 & DEC 13; 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.

NOV 4, 18 (NO CLASSES IN DEC)

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

NOV 4; 10:00 AM **Meditative Coloring**

NOV 8 & DEC 13 **Origami Class**

NOV 30; 9:00 AM

Holiday Card Watercolors

Mission Hope Cancer Center, AG

DEC 1; 1:00 PM

Holiday Card Watercolors

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

NOV 17 & DEC 1, 8, 15, 22

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. Find a support group that resonates with your individual needs to forge friendships and gain valuable strength from others who understand your feelings.

NOV 1, 15 & DEC 6, 20; 4:00 PM



Virtual/Zoom Meeting

Reservations required; please call 805.346.3402 to register

MOST 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. (Please see box on page 17 for details on the activities below.)

Mission Hope Cancer Center, SM

NOV 30; 5:30 PM **Wreath Making**

DEC 28; 5:30 PM **Christmas Party**

Reservations 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.

NOV 8; 4:30 PM

Speaker: John Malinowski, ACSM-CET

DEC 13; 4:30 PM

Speaker: Kylie Conner, RDN



Virtual/Zoom Meeting

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
DEC 21; 1:00 PM

(Option for Zoom or in-person)

Reservations required; please call 805.346.3405 to register

Cancer Patient Support Group

This group is here to offer support and help patients gain a sense of family with others in a similar part of their journey.

NOV 22 & DEC 27; 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.

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

A symbol of hope and a new beginning...

Experience the Art of Origami

Led by Jane Abela

This practice is a paper folding activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction.

Tuesdays, November 8 and December 13 • 10:00 a.m.

1325 East Church Street, Santa Maria

Reservations required; please call 805.219.HOPE (4673)



✿Caregivers and Spirituality Discussion

Flora Washburn, BCC, Spiritual Care Manager, will address the caregivers among us who may neglect self care in their day to day activities, forgetting to create space for themselves spiritually, emotionally and mentally, as well as physically. Join us to learn how to tap into your spirituality.

NOV 9; 5:30 PM



Virtual/Zoom Meeting

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

✿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

NOV 2, 9, 16, 30; DEC 7, 14, 21

Reservation and assessment required; please call 805.346.3413

Energy Balancing

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

NOV 28; 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

NOV 4, 11, 18 & DEC 2, 9, 16

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

NOV 3, 10, 17 & DEC 1, 8, 15, 22

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

NOV 8

Goal Setting in Nutrition and Exercise

DEC 13

**Helpful Holiday Tips for Nutrition
and Exercise**

Reservations required, please call 805.219.HOPE (4673)

✿General Cancer Support Group

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

NOV 21 & DEC 19; 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

NOV 3, 10, 17 & DEC 1, 8, 15, 22

Reservation and assessment required; please call 805.346.3413

Guided Meditation

Experience a gentle guided meditation session.

NOV 2 & DEC 7; 5:00 PM

 **Virtual/Zoom Meeting**

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

✿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

DEC 2; 10:00 AM

To register, 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

NOV 9 (NO MEETINGS IN DEC)

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.

NOV 3, 17 & DEC 1, 15; 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

NOV 1, 8, 15, 22, 29 & DEC 6, 13, 20

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

NOV 7, 14, 21 & DEC 5, 12, 19

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.

NOV 9 & DEC 14; 1:00 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

NOV 11 & DEC 16

Reservations required; please call 805.346.3413

Qigong Class

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; 3:00 PM

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

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.

DEC 13; 3:30 PM

 **Virtual/Zoom Meeting**

Guest Speaker: Katie Crafton, MSW, LCSW

To register, call 805.219.HOPE (4673)

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

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

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

NOV 30 & DEC 14; 1:00 PM

Reservation required; please 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

NOV 3, 10, 17 & DEC 1, 8, 15, 22

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

NOV 7, 14, 21, 28 & DEC 5, 12, 19; 2:00 PM

Please call 805.219.HOPE (4673) to register

Addressing the unique challenges young women face...

Breast Cancer Support Group for Young Women

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

In addition to providing resources, support and education for every phase of a young woman's breast cancer experience, we gather to enjoy our time together in engaging activities.



Wednesday, November 30 • 5:30 p.m.

Craft day: We will be creating home/holiday burlap wreaths

Wednesday, December 28 • 5:30 p.m.

Express yourself: Christmas celebration and creative journal writing

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

Please call 805.346.3405 to register to attend

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

NOV 3, 10, 17 (NO CLASSES IN DEC)

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

NOV 7, 14, 21 & DEC 5, 12

Reservation and assessment required; please call 805.474.5334

NOV 17 & DEC 15; 4:00 PM



Virtual/Zoom Meeting

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

✪ Your Story Matters

This 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.

Mission Hope Cancer Center, SM

NOV 3, 17 & DEC 1, 15; 3:00 PM

Reservations required; please call 805.219.HOPE (4673)

*Wishing you a season full
of light and laughter for
you and your family.*



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

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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

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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
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Like us on Facebook:
Mission Hope Cancer Center

NOVEMBER IS CAREGIVER MONTH



Receive your caregiver appreciation gift!

Caring for the Caregiver

At Mission Hope we are extremely appreciative of the many caregivers who ensure that our patients receive the best of care. Caregivers are often called upon to balance their careers and family needs while making sure their loved ones are getting to appointments and treatments. In recognition of these efforts, Mission Hope offers a variety of support services for the hardworking caregivers among us. (Support group below is one example.)

During the month of November we would like to express our heartfelt gratitude to all of our caregivers.

Between November 1st–30th, please stop by to see the Social Worker at either the Santa Maria or Arroyo Grande office to receive your **caregiver appreciation gift** and be reminded what an integral part of our team that you are!



Expand your support and resource network

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.

Wednesdays, November 30 and December 14 • 1:00 p.m.

Mission Hope Cancer Center, Santa Maria

Reservation required; please call 805.219.HOPE (4673)

