

# Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

March/April 2023

## MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

With advanced diagnostic tools to detect early cancer and more effective treatments, the death rate from colorectal cancer (CRC) has progressively declined in the United States since 1980's. This has increased the number of long-term survivors of CRC.

## Long-Term Survival of Colorectal Cancer

There are now approximately over one million people living with a history of CRC in the United States and they represent approximately nine percent of all cancer survivors as of January 2019. These survivors are at risk for a CRC recurrence, a new primary CRC, other cancers and long-term adverse effects of treatment.

Following treatment for a stage II or III CRC evidence favors periodic surveillance to reduce the mortality risk. The purpose of the surveillance is early detection of recurrent disease and to screen for second primary colon cancer and polyps. Surveillance involves periodic health check-ups with health care providers, annual blood test to check the serum level of the tumor marker carcinoembryonic antigen (CEA), periodic computed tomography (CT) scan and surveillance colonoscopy.

Per professional society guidelines, first surveillance colonoscopy is recommended one year after the diagnosis of CRC. If this exam is unremarkable, the next surveillance colonoscopy should be in three years. If the second surveillance exam is also negative for recurrence or colon polyps the interval for future surveillance colonoscopies is extended to every five years. (Screening colonoscopy for those with no cancer diagnosis follows a different schedule.)

Most research suggests that physical health related quality of life (QOL) in patients with

CRC generally is comparable to the general population after five years although some impairments may persist for years.

CRC survivors generally report more psychological distress and depression compared to individuals without the history of cancer. Psychological distress includes fear or recurrence and death, social reintegration, employment and insurance problems. At five years cancer survivors experience a higher rate of depression compared to the age-matched general population. Hence, regular psychological screenings of the cancer survivors during the periodic health checks are important.

CRC survivors also encounter long term medical issues such as chronic diarrhea (most common), fecal incontinence/urinary and sexual dysfunction (more common in patients with rectal cancer), fatigue, chemotherapy related neuropathy, radiation related rectal inflammation, diabetes, obesity. Certain medications, dietary precautions, biofeedback/pelvic floor therapy, mind and body practices such as Yoga can help alleviate some of these medical issues.

In addition to the intense surveillance program all CRC survivors should be encouraged to pursue a healthy lifestyle which includes a prudent diet, regular exercise, minimizing alcohol intake and refraining from smoking.



**Sukhpreet Walia, MD**  
Gastroenterology

The purpose of the surveillance is early detection of recurrent disease and to screen for second primary colon cancer and polyps.

## 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

Sikandra Tank, MD, MPH  
Palliative Care

J. Ben Wilkinson, MD, FACRO  
Radiation Oncology

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



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

805.739.3595

[www.SupportMarianMedical.org](http://www.SupportMarianMedical.org)

 **Marian Regional  
Medical Center Foundation.**  
A Dignity Health Member

## MARIAN REGIONAL MEDICAL CENTER FOUNDATION

### Save the Date!

### Day of Hope 2023 is set for Wednesday, August 23



■ This year, Mission Hope Cancer Center will celebrate the 10th annual Day of Hope event on Wednesday, August 23, 2023. If you would like to lead a Day of Hope team, donate, or sponsor this important community event, please contact the Marian Foundation at 805.739.3595.



## Toyota Santa Maria's Pinktober and Service for Change

### Toyota Santa Maria: \$11,671

The Marian Foundation and Mission Hope Cancer Center extend heartfelt gratitude to Toyota Santa Maria for their dedicated work and generous gift of **\$11,671** in support of local breast cancer patients in need.



Throughout October of 2022, Toyota Santa Maria's again hosted its annual **Pinktober Pumpkin Patch** benefiting patients in need at Mission Hope Cancer Center. In addition to the dealership's Pinktober sales, Toyota stepped up in a big way by offering a **Service for Change** campaign, donating \$10 for every alignment service completed in the month of October. Toyota Santa Maria's October fundraising efforts were especially meaningful as all donations were made in honor of the late Ken Flores, a beloved Toyota associate and family member.



## In Appreciation for the Generous Donations in Support of Patients at Mission Hope Cancer Center



### Surfing for Hope Makes a Splash

#### Surfing for Hope: \$2,000

Christmas came early for Mission Hope Cancer Center as Surfing for Hope made a **\$2,000** donation, representing a portion of proceeds from the organization's 2022 Longboard Classic event. Thank you to founder Bob Voglin and the entire Surfing for Hope team for your ongoing and generous support!



### Elsie Donati Endowment Funds Breast Radiation Equipment

In 1991, **The Elsie D. Donati Family Trust** made a meaningful planned gift to establish an endowment fund to support local cancer patients for decades to come. Each year, The Elsie D. Donati Family Endowment Fund's earnings allow for a generous donation to be made to Mission Hope Cancer Center. Due to the legacy of Elsie D. Donati and her family members, Mission Hope Cancer Center recently received a significant donation to fund two new prone breast boards for patient use during radiation treatment. Above, Donati family members Fred Donati and Shirley Fowler, along with David and Ethel Donati pose for a photo with one of the newly acquired prone breast boards for radiation therapy.

Studies have shown that receiving radiation to the breast while lying on the prone breast board in the face down position offers many benefits to women while delivering the same quality outcomes. Mission Hope Cancer Center has expert radiation oncologists, therapists, and technicians trained in this innovative treatment technique.



### Random Acts Donation of Chemo Port Clothing

**Random Acts** is an international nonprofit that is 100% run by a group of volunteers who dedicate a portion of their time to spreading kindness in their communities. Random Acts recently donated adaptive medical shirts with zippers and pockets for cancer patients undergoing chemotherapy treatment at Mission Hope Cancer Center. These specialized shirts provide ease for patients during treatment as the uniquely placed zippers allow for treatment access. Above, Random Acts Creative Director Becky Houseman and Amie Linscott delivered Random Acts' heartfelt donation to cancer center leaders.





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

Rarely, if ever, does one dream of being a caregiver for their loved one who has been diagnosed with cancer. Instead, it's often a role we find ourselves in when someone we love is told, "You have cancer." It can be overwhelming when roles shift and you find yourself fulfilling a new duty and set of responsibilities. Not only are you dealing with the emotions of what this diagnosis could mean, but you are also facing the challenges of how this shift changes your life and at times causes upheaval.

## Taking Care of your Loved One with Cancer

The step into caregiving is rarely linear and often has challenges—multiple appointments, lab draws, scans that need to be completed, ports need to be placed, long wait times while your loved ones are in appointments, side effects of medications and chemotherapy, dealing with a multitude of medical staff from different offices, not to mention the other day to day tasks that your loved one may not be able to take care of (medical bills, housecleaning, grocery shopping, etc.). It is a steep learning curve, but one that many of you figure out out of necessity. You may find yourself surprised at how you will grow and change and all that you will learn. Caregivers are amazingly resilient—just like the loved ones you are caring for.



At Mission Hope, we want to be sure that our caregivers know that we are here to not only support your loved one, but you as well as you are an integral part of the team. If you need help connecting to a mental health provider to insure that your own mental and emotional needs are being taken care please contact one of our social workers to help you find a provider. We also offer a caregiver support group once per month (see sidebar) and we welcome you to come. Additionally, we are able to help connect you to community resources such as Dignity's Caregiver Support Program.

Our patients wouldn't be able to receive the care they need without the help of their amazing caregivers. Thank you for all that you do!

If you have questions, concerns, or would like assistance with getting connected to resources, please contact one of our Oncology Social Workers: Katie Crafton, MSW, LCSW, at 805.474.5303 or 805.346.3406 (Santa Maria and Arroyo Grande) or Brianda Lemus, MSW, ASW, at 805.346.3402 (Santa Maria).

*Calling all caregivers:*

### Taking Care of Your Loved One with Cancer Discussion Group

**Wednesdays • 1:00 p.m.**

**MARCH 22**

Mission Hope Cancer Center  
Arroyo Grande

**APRIL 26**

Mission Hope Cancer Center  
Santa Maria

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

**Reservation required;  
please call  
805.219.HOPE (4673)**

In honor of National Cancer Registrars Week in April, we wanted to shed light on the very important role cancer registrars play in improving cancer treatment and prevention.

# Five Questions with a Cancer Registrar

## 1. What is the cancer registry?

The Cancer Registry team is responsible for collecting and coding detailed information related to clinical diagnosis/workup, stage of disease, treatment, and survivorship from patients' medical records and storing that information within the institution's cancer registry database. As mandated, the cancer cases are reported to the state and national cancer registries. The high-quality data is used in several ways including the facilitation of research, to inform better standards of care, publication of nationwide cancer statistics and to contribute to prevention and screening programs.

## 2. Why is the cancer registry so important?

The high-quality data collected by the cancer registry really makes an impact on the research we're conducting and helps to better inform decisions that can directly impact the standard of care—ultimately contributing to a better journey for our patients. Not only is the data used here, but it's also used collectively at the state and national level—playing a critical role in informing cancer research, prevention and treatment programs.

## 3. What are the roles and responsibilities of a cancer registrar?

Cancer registrars are certified healthcare professionals who are the subject matter experts when it comes to cancer information and capturing the picture of cancer through data. These data information specialists are trained to extract, store and manage data on the medical history, diagnosis, treatment and health status of cancer patients. This data provides fundamental information used by researchers, providers and others to conduct cancer research, monitor and evaluate cancer treatments, and improve prevention and screening programs. Over 100 data items are collected for each cancer occurrence, each specifically defined by national and local standards and subject to intense quality review on many levels. In order to keep abreast of new and ever-changing scientific findings and treatment guidelines, Cancer Registrars must maintain a high level of continuing education and must be re-certified annually.

## 4. How is the cancer registry impacting the quality of cancer care?

The behind-the-scenes work of the cancer registry team is a springboard for the important work clinicians, researchers and public health officials are conducting to improve cancer treatment and prevention. The high-quality information afforded by the registry provides the cornerstone for conducting research, assessing alignment with clinical pathways and creating survivorship care plans. The Cancer Registry data is utilized as the “gold standard” for new initiatives using Natural Language Processing and Artificial Intelligence in order to find new ways of doing things and create efficiencies.

## 5. What else is there to know about the cancer registry?

Abstraction of cancer registry data is performed and supervised by Certified Tumor Registrars (CTRs) through the National Cancer Registrars Association (NCRA). The credential is nationally recognized for the ability to consistently and accurately collect and use cancer registry data in compliance with the state and national requirements and standards. The Cancer Registry works in partnership with cancer program leadership to coordinate Cancer Committee each quarter and maintain compliance with the American College of Surgeon's Commission on Cancer (CoC) program standards, maintaining accreditation. CoC accreditation recognizes programs for their commitment to providing patient-centric, comprehensive, and high-quality care.

The collected data is used to facilitate research, to inform better standards of care, to publish nationwide cancer statistics and to contribute to prevention and screening programs





**John Malinowski,**  
**ACSM-CET**  
Cancer Rehabilitation  
Program

When we combine a healthy diet with adequate levels of exercise, we often see a significant reduction in colorectal cancer risk.

According to the CDC, obesity increases an individual's risk for 13 different types of cancers, one of these being colorectal cancers. This is largely due to the elevated levels of inflammation, insulin, and insulin-like growth factors found in individuals who are obese. Although obesity is a cancer risk factor, it is considered a modifiable risk factor (this means it is a risk factor we have the potential to improve or eliminate completely). Below we will discuss some specific strategies you can employ to lower your risk.

## Decreasing Obesity for Colorectal Cancer Prevention

Where should an individual start when attempting to lose weight in both a sustainable and healthful way? Starting with diet, focus on a few main areas of behavior change:

1. Focus on reducing the amount of refined carbohydrates in your diet. These are carbohydrates that have been heavily processed, and do not contain a significant amount of fiber in them (e.g., white bread is considered a refined carbohydrate).
2. Increase the amount of protein in your diet (plant based proteins count as well).
3. Stay adequately hydrated by drinking 1mL of water per calorie you consume (for the standard 2,000 calorie/day diet, this amounts to 2 liters of water per day).
4. Ensure you are getting enough fruits and vegetables every day (five servings of fruits and vegetables daily is recommended).

When we put adequate attention into making these changes in a way that is sustainable to our lifestyle and schedule, we see individuals have success in both maintaining a healthy weight as well as reducing risk of multiple chronic diseases. In addition to dietary modifications, we may also focus on our activity levels by being mindful of the following:

1. Incorporate both cardiovascular exercise and resistance training into your weekly routine.
2. Get the recommended amount of physical activity for your age range weekly. For those 65 years and older try to achieve minimum physical activity guidelines of four days per week/30 minutes of moderate intensity cardiovascular activity and two days per week/two sets of 8-15 repetitions resistance/strength training. For those under 65 try to achieve five days per week/30 minutes of moderate intensity cardiovascular activity and two days per week/two sets of 8-15 repetitions resistance/strength training. Remember: every little bit helps. You can break up your exercise into a morning routine and finish in the evening. Doing some exercise is much better than not doing any at all!
3. Make sure the exercise routine you create fits well with your schedule, ability levels, and interests so that you are more likely to make it a permanent habit.

When we combine a healthy diet with adequate levels of exercise, we see a significant reduction in colorectal cancer risk. Because March is Colorectal Cancer Awareness Month, be sure to consider behavior changes that reduce your risk as well as complete any screenings regularly that are recommended by your healthcare provider. For more information and practical suggestions, join us Tuesday, March 14 at 2:00 p.m. for our First Steps class which will feature information on decreasing obesity for colorectal cancer prevention.

Try these tasty ways to increase the amount of protein and vegetables in your diet



## Strawberry-Balsamic Spinach Salad with Chicken

### INGREDIENTS:

- |  |                                   |
|--|-----------------------------------|
| 2 cups quartered strawberries, divided     | 1 tablespoon ketchup              |
| 2 tablespoons balsamic vinegar             | 1 tablespoon strawberry preserves |
| ¼ teaspoon salt plus 1/8 teaspoon, divided | 1 pound chicken tenders           |
| ½ teaspoon ground pepper, divided          | 1 (5 ounce) package baby spinach  |
| 3 tablespoons extra-virgin olive oil       | ½ cup sliced almonds, toasted     |
|  | ½ cup crumbled feta cheese        |
|  | ½ cup torn fresh basil leaves     |

### INSTRUCTIONS:

- 1: Preheat grill to medium-high.
- 2: Combine 1 cup strawberries, vinegar and 1/4 teaspoon each salt and pepper in a blender. Blend until smooth. With the motor running, slowly drizzle in oil. Transfer 1/2 cup of the vinaigrette to a large bowl. Add ketchup and preserves to the blender and pulse until smooth.
- 3: Sprinkle chicken with the remaining 1/8 teaspoon salt and 1/4 teaspoon pepper. Oil the grill rack. Grill the chicken until it releases easily, 1 to 2 minutes. Flip and baste with the BBQ sauce from the blender. Cook, flipping and basting every 15 seconds, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 3 to 4 minutes more. Transfer to a plate and let rest for 5 minutes.
- 4: Add spinach, almonds, feta, basil and the remaining 1 cup strawberries to the vinaigrette; toss to combine. Serve the salad topped with the chicken.

## High Calorie Green Chile and Chicken Soup

### INGREDIENTS:

- |  |   |
|--|---|
| 2 tbsp olive oil                                     | 3 cup low sodium chicken broth          |
| 1 cup onion, diced<br>(about 1 medium onion)         | 2 cups green salsa                      |
| 1 cup green pepper, diced<br>(about 1 medium pepper) | 16 sprigs of cilantro                   |
| 2 garlic clove, minced                               | 2 boneless, skinless<br>chicken breasts |
|  | 1 avocado                               |



### INSTRUCTIONS:

1. Heat olive oil in a medium sized pot. Add onion and green pepper and cook until softened, about 5-8 minutes. Then add garlic and cook for an additional 1 minute. Add chicken broth, green salsa, cilantro, and chicken breasts. Your chicken should be fully covered by the liquid.
2. Bring to a boil, reduce heat to a medium low and continue cooking covered until chicken is cooked through about 10-12 minutes.
3. Pull out chicken, set aside. When cool enough to handle shred using two forks.
4. While the chicken is cooling, pour half of the soup (including all of the cilantro) and the avocado into a blender. If needed, do this in two batches.
5. Return the blended soup to the pot, add in the shredded chicken. Taste and adjust seasoning as desired.

In recognition of April as Oral, Head, and Neck Cancer Awareness Month, let's discuss ways that individuals with these diagnoses can manage bothersome symptoms utilizing both nutrition and exercise. There is much that can be done to help promote recovery and cope with the difficult symptoms of treatment.

# Managing Symptoms of Oral, Head, and Neck Cancer with Nutrition and Exercise

For patients undergoing treatments for cancers of this region, we often see difficulty with chewing, swallowing, saliva production, and unintentional weight loss. Let's address these individually.

**Difficulty Chewing:** this is a symptom that can limit a patient's food intake, even if they are feeling hungry and would like to eat as normal. When it is difficult or painful to chew our food, we are less likely to eat adequately. To remedy this, we encourage patients to utilize soft textured food rather than trying to eat their "standard" diet. This will reduce the discomfort experienced by the patient and increase overall food intake. This may look like eating soft steamed vegetables rather than roasted vegetables, utilizing casseroles and soups, drinking smoothies, etc.

**Difficulty Swallowing (Dysphagia):** this symptom can be both uncomfortable and scary for patients. If you are experiencing difficulty swallowing, the texture of foods you are eating may need to be altered accordingly. To find out exactly what foods are safest for you to eat and what may need to be avoided, ask your provider if a consultation with a Speech Language Pathologist may be an appropriate option

for you. These professionals are able to do a thorough exam of your swallowing in order to make a recommendation of how to eat safely.

**Diminished Saliva Production:** patients may find their mouth to be much more dry than before. This can contribute to difficulties swallowing food, or even make foods they eat taste different. To combat this, we advise patients to use extra sauces and gravies on their foods to add moisture content. Additionally, always make sure to have fluids by your side so that you can take a sip when needed.

**Unintentional Weight Loss:** this symptom can be a result of many factors including eating difficulties and/or generalized appetite loss. One method of addressing this is to choose very calorie and nutrient dense foods when you are eating. Think of high-fat high-protein items when you are choosing meals and snacks, and utilize an oral nutrition supplement if needed (discuss options with your registered dietitian). The addition of an unflavored protein powder to other foods you are eating (soups, casseroles, puddings) can be one method of getting more nutrition in without having to eat larger volumes of food.

### *Did you know?*

Head and neck cancer is ranked as the sixth leading cancer worldwide and usually begins in the mouth, nose or throat. These cancers include cancers of the thyroid, mouth, nose, sinuses, salivary glands, throat and lymph nodes.



When it comes to oral, head, and neck cancers, physical activity still plays an important role in symptom management as well. Consider the following:

**Lymphedema** is a treatment related symptom that can be improved or managed through exercise. You may want to talk to your doctor about seeing a lymphedema specialist prior to beginning an exercise program. Structured exercise routine can help with gaining range of motion and strengthening muscles that may become weakened during treatment.

**Fatigue** is a common treatment related side effect that has been shown to be

helped through an exercise routine of three days per week of aerobic exercise and two days per week of strength training.

If you have specific questions or concerns, please call either our Cancer Exercise Trainer John Malinowski at 805.346.3413 or our Registered Dietitian Kylie Conner at 805.346.3403 for suggestions on how to implement nutrition and/or exercise in your care. For more information and practical suggestions, join us Tuesday, April 18 at 2:00 p.m. for our First Steps class which will feature information on managing the symptoms of oral, head, and neck cancer.

## SPOHNC, Santa Maria (Support for People with Oral, Head, and Neck Cancer, Inc.)

This month on Zoom we're pleased to feature a presentation discussing the NIH Study on Xerostomia (see below) of interest to patients with oral, head and neck cancer.

**Guest Speaker: Ed King, oral cancer survivor**



**Tuesday, April 18, 2023 • 3:30 p.m.**

Ed will be speaking on the National Institute of Dental & Craniofacial Research Study Gene Therapy Study for Radiation-Induced Xerostomia, in which he is a participant.

Support group facilitated by Gina Rotondo, MS, CCC-SLP, Speech Language Pathologist, and Yamini Balasubramanian, MS, CCC-SLP, Speech Language Pathologist

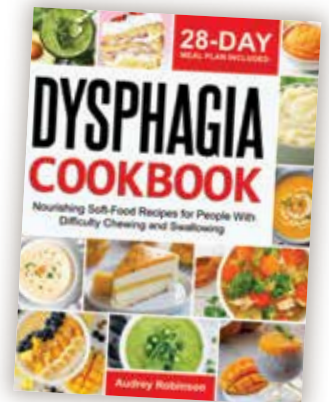
**For more information and/or to register for this virtual meeting, please call Mission Hope at 805.219.HOPE (4673)**

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### Gene Therapy Study for Irradiation-Induced Dry Mouth

This study provides for the systemic evaluation of the safety of a single administration of an adeno-associated virus vector encoding human aquaporin-1 to one parotid salivary gland in individuals with irradiation-induced dry mouth. We also want to determine if the drug can increase salivary flow in patients whose parotid glands have been exposed to radiation. This damage impacts patients' quality of life. There is no conventional treatment available to correct this condition.

- Questions: Katherine M. Hall, RN, COT, MSN, Research Nurse Specialist, Gene Therapy for Radiation-induced Xerostomia NIH/National Institute of Dental & Craniofacial Research 301.402.6905 Office
- The purpose of this study is to examine the safety of the AAV2hAQP1 gene therapy being tested. <https://drymouthgenestudy.nidcr.nih.gov/about.html>



### Book Giveaway!

Participants who attend the April SPOHNC meeting will be given a copy of *Dysphagia Cookbook* by Audrey Robinson.



Case Ketting, MD  
Radiation Oncology

Over the years of watching my patients deal with cancer, I have come to understand that receiving a cancer diagnosis can cause a form of brain injury. I don't mean an injury like one from falling out of a tree or hitting your head on a door frame. I would describe it as “neurochemical trauma” that affects thinking and functioning—something perhaps like the “shell shock” seen in military veterans.

## Cancer Diagnosis = Brain Injury

Upon receiving a diagnosis of cancer, a person often experiences deep fear and insecurity. It is, after all, a threat to one's very existence. Furthermore, the diagnosis often reverberates through family relationships, plans for the future, job security concerns, and financial needs. My patients often find it difficult to function or to think of anything else. A cancer diagnosis fills one's whole “mental horizon” (so to speak), leaving little emotional reserve to deal with anything else. You fall asleep thinking about it, and it is your first thought on awakening.

Fortunately, the brain, like the body, was designed with miraculous healing properties.

Fortunately, the brain, like the body, was designed with miraculous healing properties. I find that my patients, after the initial shock, usually begin to focus on the practical. The question becomes not, “What if I die?”, but, “How do I live now?” They focus on getting their scans and treatments, dealing with treatment side effects, getting good meals, exercise, and adequate rest, loving their family, leaning on their friends. Their mental horizon now becomes filled with appointments and positive encounters that are directed at fighting their cancer.

After treatment is complete, many patients experience a period of anxiety. They know their cancer is treated. In many cases, they have been told they are “cancer free.” However, they may be plagued by the questions, “Did we treat it enough?” and “Is it gone forever?” Gradually, however, the healing properties of the mind continue to act. In the best cases, managing their cancer risk—whether watching for relapse or continuing treatment to prevent it as long as possible—becomes just a part of their life's routine, not their whole life. The question becomes not, “What if it comes back?” but, “Lord willing, I'm not going to die today! So, what will I do with this day?” And that's all any of us really have, isn't it?

But just as our bodies fall ill despite their in-built healing properties, so may our minds, hearts, and relationships. And just as there are doctors and nurses and other healers for our bodies, there are healers for these other maladies, too.

Mission Hope  
Radiation Oncology  
805.925.2529

# Taking a minute for Mindfulness

## ***Financial stress, job concerns, transportation or insurance challenges?***

Mission Hope Cancer Center has social workers who are familiar with dealing with these complex areas and can help you navigate through them to recovery.

## ***Depression, anxiety, deteriorating relationships?***

Mission Hope Cancer Center can provide access to counselors, therapists, and psychiatrists to help you deal with these challenges positively and bring healing to your mind and relationships.

## ***Fear and uncertainty about death and loss or meaning and purpose?***

The mission of religious hospitals remains firmly rooted in a faith that life is imbued with meaning and purpose, in a hope that reaches beyond the grave, and in a love that is stronger than death. Why not let Mission Hope Cancer Center put you in touch with a chaplain, pastor, or priest to help you reach out and take hold of that faith, hope, and love? In addition, Mission Hope can help you prepare a survivorship care plan which will help you navigate life after cancer with confidence and practical strategies.

We can help. Please call Mission Hope Cancer Center at **805.219.HOPE (4673)** and we will direct you to the appropriate service.

Cancer is a traumatic event that changes a person's life. Utilizing mindfulness tools can provide peace and hope. Practicing mindfulness on a daily basis can assist with long term effects of happiness and positivity. Even occasional mindfulness practice can help provide a break from the stress of cancer and fill patients with a sense of calm to confront the challenges they face. As patients worry about the unknowns of cancer, mindfulness can help them focus on the here and now as well as bring hope into their everyday lives.

A few activities of mindfulness include listening to music, dancing, meditation, walking, gardening, practicing breathing, and yoga. Some basic tips for practicing mindfulness include the following:

**Noticing ordinary moments:** Hearing the phone ring, stopping at a traffic light or sipping water can allow a respite from worry by guiding your mind to be present and focus on what you hear, see, and taste.

**Choosing one daily activity to practice mindfulness:** Brushing your teeth, taking a shower or walking from point A to point B are opportunities to slow things down for thoughtful consideration instead of rushing through, keeping you in the moment of what is happening now.

**Being compassionate with yourself:** Noticing your thoughts when faced with limitations and being non-judgemental and gentle to yourself can help label the negative feelings and permit you a few moments to process their value by being kind to yourself rather than judgemental.





**John Malinowski,**  
**ACSM-CET**  
Cancer Rehabilitation  
Program

A consistent exercise routine and healthy nutritional choices help to maximize our immune system and work to prevent illnesses like the common cold and even chronic illnesses like cancer.

Physical activity can have numerous positive benefits in our life physically, psychosocially and biologically. The terms physical activity and exercise are often used interchangeably in literature; I will use exercise throughout the rest of this article.

## Helping Prevent Cancer Through Regular Physical Activity

Exercise can be a catalyst to help us make lifestyle behavior modifications that can lead to benefits such as improved aerobic fitness, improved physical functions, decreased fatigue and enhanced quality of life. These benefits can make an enormous impact in our lives especially when extrapolated over time. When we exercise our body releases dopamine, a hormone that directly effects our nervous system and our mood. This happens within minutes of initiating exercise, so that is why we feel better after we have completed a bout of exercise. Knowing we feel better after exercising can help create lifestyle changes like walking to work or school, taking the stairs instead of using the elevator, eating more healthfully, or being less inactive at work. Making these types of changes can have a positive effect on our health.

Exercise can help boost our immune system by decreasing a process called immune aging. This refers to a decline in Natural Killer (NK) cell function, increase in inflammation, the decrease in number of immature T cells and other processes. Exercise can reduce inflammation, stimulate the activity of NK cells and prevent the accumulation of aging immune cells. When we maintain a consistent exercise routine and make healthy nutritional choices we are making decisions to maximize our immune system and help prevent illnesses like the common cold and even chronic illnesses like cancer.

We all should strive to meet the Physical Activity Guidelines for Americans issued by the Department of Health and Human Services. Adults under the age of 65 should engage in at least 150 minutes and work toward 300 minutes of moderate-intensity aerobic exercise every week. You may choose to perform vigorous intensity exercise with the guidelines set at 75 to 150 minutes every week. Adults above 65 should engage in at least 120 to 240 minutes of moderate intensity aerobic activity. Everyone should do muscle strengthening exercises at least two days each week at a moderate intensity.

Therefore it is promising to clinicians and patients to know they have the tools and ability to make lifestyle changes that have life altering results. Implementing structured and consistent exercise programs along with a well-balanced nutritional plan are steps we all can take to improve our overall health and potentially reduce our risk of a cancer diagnosis.

It is recommended that you talk to your physician prior to starting an exercise program. If you have specific questions, please contact John Malinowski, ACSM-CET, at 805.346.3413.



## SUMMERTIME FUN

Register now for a free, fun-filled summer camp for kids

# Camp Kesem

Camp Kesem provides a free, week-long summer camp for children ages 6-16 years old who have a parent with cancer. The mission of Camp Kesem is to provide friendship, understanding, education and support for kids and teens who have a parent with cancer or have lost a parent with cancer. Featuring a variety of exciting activities, this is a free, fun-filled experience you don't want to miss!

## Camp Kesem, UCSB • August 6-10, 2023

Camp Whittier, Santa Barbara, California

## Camp Kesem, Cal Poly • July 9-14, 2023

Camp Whittier, Santa Barbara, California

Applications are accepted on a first-come, first-served basis; please apply as soon as possible.

# Pure Stoke Surf Camp



**Saturdays: April 15, June 17, July 15,  
August 19, 2023**

**9:00 a.m.**

**Meeting place: SeaCrest OceanFront Hotel**

2241 Price Street, Pismo Beach

Questions? Please call Bob Voglin at 805.305.5088

**Check out the website for more information about Surfing for Hope  
and Pure Stoke Surf Camp: [www.surfingforhope.org](http://www.surfingforhope.org)**



The mission of Camp Kesem is to support children with innovative, fun-filled programs that foster a lasting community.

For more information on this great opportunity for kids, please call:

Brianda Lemus, ASW: **805.346.3402**

or Katie Crafton, LCSW:

**805.346.3406 (SM) • 805.474.5303 (AG)**

### Details about Pure Stoke Surf Camp:

- No cost to attend; lunch is provided
- Wetsuits available at no charge. Must be picked up the day before at the Shell Beach Surf Shop
- Parents welcome to join us but it's not required
- No prior surfing experience necessary
- Applications submitted online at [www.surfingforhope.org](http://www.surfingforhope.org)



The Surfing for Hope Foundation is a local 501c3 non-profit organization that was created to help ease the difficulty of cancer through the healing powers of surfing and ocean life.



Mary Stackhouse

Living with cancer and adjusting to the required treatments is a challenge. But there are simple strategies to make this process easier. Join us for these informative classes as new instructor Mary Stackhouse shares her knowledge and experience to help ease your journey—from clothing to cooking.

## What Not to Wear (to Chemo)

We will discuss how to choose port friendly clothing for chemo treatments and daily wear. Examples and handouts to DIY port friendly shirts, caps and friendly face masks.

**Wednesday, March 1, 2023 • 1:30 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 to register at 805.219.HOPE (4673)**

## Enjoying Food: Because Your Life Depends on It!

Together we will explore the five senses and changes to your perception of food during chemotherapy treatments. Taste testing and journaling the perception of changes of sweet, savory, salty, spicy while combating the nausea, diarrhea, metallic taste and dry mouth. Based on *Cooking for Chemo* by Ryan Callahan (<https://www.cookingforchemo.org>)

**Wednesday, April 5, 2023 • 1:30 p.m.**

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

*No white sugar/Peanut butter oatmeal cookies provided*

**Seating is limited and reservations are required. Please call Mission Hope to register at 805.219.HOPE (4673)**

■ Mary Stackhouse grew up on the central coast and graduated from Fresno State University with a bachelors of science in “Home Economics” and moved to Nipomo 20 years ago. She and her husband of 45 years have two married daughters with six grandchildren.

Mary loves to cook, (bake), sew (everything from bathing suits to wedding and prom dresses, quilt, machine embroidery/appliqué) and garden. She taught middle school and high school for several years and later owned Friedman’s Microwave Store in Oxnard where she taught cooking classes. A couple of serious health issues led her on a holistic journey to remove as many chemicals from her life as possible. Five years later, her brother in law began a nine year battle with cancer enduring chemotherapy on a regular basis so she began intensive studies of foods with nutritional changes to help him maintain his weight. Mary is bringing the lessons she learned to Mission Hope.



Mission Hope Cancer Center is pleased to invite you to our

# Breast Cancer Support Groups

## Breast Cancer Support Group for Young Women

Our newest breast cancer support group addresses the unique challenges young women face by providing resources, support and education to address every phase of a young woman's breast cancer experience. Connect with others as we gather to enjoy our time together in engaging activities.

**Monday, March 27 • 5:30 p.m.**

*Guest Speaker: Lindsey Hughes, Oncology Nurse Navigator*  
*Gentle Stretch Yoga*

**Monday, April 24 • 5:30 p.m.**

*Scrapbooking: "Memories that will last a lifetime"*

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

Please call 805.346.3405 to register to attend

## Living with Breast Cancer Support Group

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

**Wednesdays: March 1 and April 5 • 10:00 a.m.**

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

Please call Mission Hope at 805.346.3402 to register or for more information

## Breast Cancer Support Group (General)

Women gather to share valuable information and resources to help manage the physical, emotional and practical issues a breast cancer diagnosis can bring. We are using the book pictured here and its topics to have interactive discussions in our Breast Cancer Support Groups. Throughout the year we will still have guest speakers but we are incorporating this fun and inspiring book into our bimonthly meetings. Each participant in the group will be given a book. Supplies limited.

*Join us online for inspiring interactive discussions:*



**Tuesdays: March 7, 21 and April 4, 18 • 4:00 p.m.**

Please call Mission Hope at 805.346.3402 to register.

■ Research has shown that actively engaging in a support group helps people cope more successfully with a cancer diagnosis. We invite you to join a support group that resonates with your individual needs to forge friendships and find valuable strength from others.

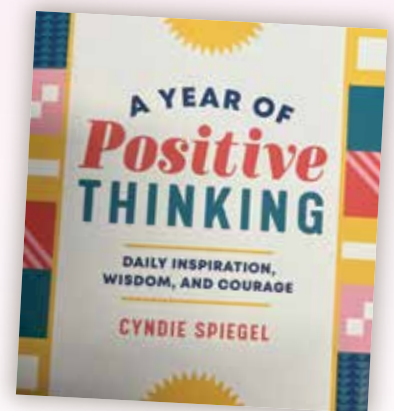
SESSIONS LED BY OUR  
KNOWLEDGEABLE  
FACILITATORS:

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

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

**Lindsey Hughes, RN, BSN**  
Oncology Nurse Navigator

**Brianda Lemus, ASW**  
Oncology Social Worker



# March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Circuit Training (MHW) Living with Breast Cancer Support Group (SM) 10:00 am Sewing Class with Mary Stackhouse (SM) 1:30 pm  Guided Meditation 5:00 pm	<b>2</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)  Advanced Cancer Support Group 5:30 pm	<b>3</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
<b>6</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español</i> Knitting Group (SM) 2:00 pm	<b>7</b> Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm	<b>8</b> Circuit Training (MHW) Learn Golf Art Therapy–Watercolor Morning Mist (SM) 9:00 am	<b>9</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Art Therapy–Watercolor Morning Mist (AG) 9:00 am Viviendo con Cáncer (SM) 4:00 pm	<b>10</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
<b>13</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>14</b> Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm  Apoyo y Educación Para Personas con Cáncer 3:00 pm Gynecologic Cancer Support Group (AG) 4:30 pm	<b>15</b> Circuit Training (MHW)	<b>16</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)  Gentle Yoga 4:00 pm  Advanced Cancer Support Group 5:30 pm	<b>17</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
<b>20</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español</i> Knitting Group (SM) 2:00 pm	<b>21</b> Lymphedema Prevention Exercise (MHW) General Cancer Patient Support Group (SM) 3:00 pm  Breast Cancer Support Group 4:00 pm	<b>22</b> Circuit Training (MHW) Learn Golf Caring for Loved One Support Group (AG) 1:00 pm	<b>23</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	<b>24</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
<b>27</b> Lymphedema Prevention Exercise (AG) Young Women Breast Cancer Group (SM) 5:30 pm <i>Gentle Stretch Yoga</i>	<b>28</b> Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm	<b>29</b> Circuit Training (MHW) Caring for Loved One Support Group (SM) 1:00 pm	<b>30</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	<b>31</b> Aquatic Therapy (AHC)

# April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español</i> Knitting Group (SM) 2:00 pm</p>	<p><b>4</b></p> <p>Lymphedema Prevention Exercise (MHW)  Breast Cancer Support Group 4:00 pm</p>	<p><b>5</b></p> <p>Circuit Training (MHW) Art Therapy–Acrylic Painting of Bunny (SM) 9:00 am Living with Breast Cancer Support Group (SM) 10:00 am Nutrition Class with Mary Stackhouse (SM) 1:30 pm  Guided Meditation 5:00 pm</p>	<p><b>6</b></p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Art Therapy–Acrylic Painting of Bunny (AG) 9:00 am  Advanced Cancer Support Group 5:30 pm</p>	<p><b>7</b></p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</p>
<p><b>10</b></p> <p>Knitting Group (SM) 2:00 pm</p>	<p><b>11</b></p> <p>Origami (SM) 10:00 am  Apoyo y Educación Para Personas con Cáncer 3:00 pm Gynecologic Cancer Support Group (AG) 4:30 pm</p>	<p><b>12</b></p> <p> All Blood Cancers Support Group 1:00 pm</p>	<p><b>13</b></p> <p>Viviendo con Cáncer (SM) 4:00 pm</p>	<p><b>14</b></p>
<p><b>17</b></p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español</i> Knitting Group (SM) 2:00 pm</p>	<p><b>18</b></p> <p>Lymphedema Prevention Exercise (MHW) First Steps Class (SM) 2:00 pm General Cancer Patient Support Group (SM) 3:00 pm  SPOHNC, Santa Maria 3:30 pm <i>Topic: NIH Study on Xerostomia</i>  Breast Cancer Support Group 4:00 pm</p>	<p><b>19</b></p> <p>Circuit Training (MHW)</p>	<p><b>20</b></p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)  Gentle Yoga 4:00 pm  Advanced Cancer Support Group 5:30 pm</p>	<p><b>21</b></p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW)</p>
<p><b>24</b></p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Young Women Breast Cancer Group (SM) 5:30 pm <i>Scrapbooking</i></p>	<p><b>25</b></p> <p>Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm</p>	<p><b>26</b></p> <p>Circuit Training (MHW) Learn Golf Caring for Loved One Support Group (SM) 1:00 pm</p>	<p><b>27</b></p> <p>Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</p>	<p><b>28</b></p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</p>

## Key to locations of activities:

Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully; please 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

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)

**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 Language • En Español:**

 **Apoyo de Cáncer: Viviendo con Cáncer (Nuevo)**

Acompáñanos para conectarse con otras personas que viven con cáncer y hablar de temas de cómo combatir la enfermedad.

**Mission Hope Cancer Center, SM**

9 MAR Y 13 ABR; 4:00 PM  
Reservaciones requeridas. Por favor llame a 805.219.HOPE (4673) para registrarse

**Apoyo y Educación para Personas con Cáncer**

14 MAR Y 11 ABR; 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.

MAR 3, 10, 17 & APR 7, 21, 28  
Reservation and assessment required; please call 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

**Art Therapy Classes**

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**

MAR 8; 9:00 AM  
**Watercolor Painting Morning Mist**  
MAR 14 & APR 11; 10:00 AM  
**Origami Class**

APR 5; 9:00 AM  
**Acrylic Painting of Bunny**

**Held onsite, class seatings are limited.**  
Reservations required; please call 805.219.HOPE (4673)

*Art classes in Arroyo Grande, see next column*

**Mission Hope Cancer Center, AG**

MAR 9; 9:00 AM  
**Watercolor Painting Morning Mist**  
APR 6; 9:00 AM  
**Acrylic Painting of Bunny**

**Held onsite, class seatings are limited.**  
Reservations required; please call 805.474.5303

**Spanish Language • En Español:**

 **Clases de Arte (Nuevo)**

¡Todos los materiales son provídos y experiencia no es requerida! En cada clase aprenderemos una nueva actividad para crecer nuestras habilidades artísticas y darnos animo. Los espacios son limitados.

**Mission Hope Cancer Center, SM**

6, 20 MAR Y 3, 17 ABR; 10:00 AM  
Reservaciones requeridas. Por favor llame a 805.219.HOPE (4673) para registrarse

**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**

MAR 2, 9, 16, 23, 30 & APR 6, 20  
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.

MAR 7, 21 & APR 4, 18; 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 as we gather to learn and enjoy our time together in engaging activities.

**Mission Hope Cancer Center, SM**

MAR 27; 5:30 PM

**Guest Speaker: Lindsey Hughes, Oncology Nurse Navigator**  
**Gentle Stretch Yoga**

APR 24; 5:30 PM

**Scrapbooking:**  
**“Memories that will last a lifetime”**

Reservations required; 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.

**Mission Hope Cancer Center, AG**

MAR 14; 4:30 PM

**Guest Speaker: Lindsey Hughes, RN, BSN, OCN, Gentle Stretch Yoga**

APR 11; 4:30 PM

To register, call 805.219.HOPE (4673)

## 🌟 Living with Breast Cancer Support Group

Living with cancer is challenging, both physically and emotionally. It can be comforting to meet others experiencing the same struggles and feelings.

**Mission Hope Cancer Center, SM**

MAR 1 & APR 5; 10:00 AM

Reservations required; please call 805.346.3405 to register

## Cancer Patient Support Group

For newly diagnosed patients or recently out of treatment.

MAR 28 & APR 25; 1:00 PM



**Virtual/Zoom Meeting**

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

*Grupo de apoyo general de cáncer en español*

## Viviendo con Cáncer

*¡Grupo nuevo!*

**Facilitado por: Brianda Lemus, MSW, ASW, Trabajadora Social de Oncología**

Si usted o un ser querido vive con cáncer, hay lugares en nuestra comunidad a los que puede atender para obtener ayuda adicional. Nadie entendería mejor lo que esta pasando que otros viviendo con cáncer y los cuidadores que ayudan a los pacientes cada día.

**Jueves: 9 de Marzo y 13 de Abril • 4:00 p.m.**

1325 East Church Street, Santa Maria

**Reservaciones requeridas. Por favor llame a 805.219.HOPE (4673) para registrarse**

## 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 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)

## Cancer Support Group (General)

This group is open to anyone in active treatment or in remission. Our hope is that we can offer a safe place to share your stories, ask questions of your peers, and receive supportive feedback.

MAR 21 & APR 18; 3:00 PM

**Mission Hope Cancer Center, SM**

To register, 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**

MAR 1, 8, 15, 22, 29 &

APR 5, 19, 26

Reservation and assessment required; please call 805.346.3413

## Energy Balancing

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

MAR 27 & APR 24; 11:00 AM



**Virtual/Zoom Meeting**

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

## Fight Against Falls

### Exercise Class

If you are experiencing symptoms from your cancer treatments such as peripheral neuropathy in the feet or generalized muscle weakness don't wait until you have fallen to do something about it. 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**

MAR 3, 10, 17, 24 & APR 7, 21, 28

Reservation and assessment required; please call 805.346.3413

**Mission Hope Cancer Center, AG**

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

Reservation and assessment required; please call 805.474.5334

🌟 NEW CLASSES

### 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. *New:* we'll be making and eating delicious and nutritious snacks at each session!

#### Mission Hope Cancer Center, SM

MAR 14; 2:00 PM

#### Decreasing Obesity for Colorectal Cancer Prevention

APR 18; 2:00 PM

#### Managing Symptoms of Oral, Head, and Neck Cancer

Reservations required, please call 805.219.HOPE (4673)

### 🌟Gentle Stretching for Beginners

Stretching should be a part of your exercise routine whether you are a beginner or you exercise on a regular basis. In this relaxing 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. With a consistent routine you should feel less stiffness and enjoy a greater range of motion without pain.

#### Mission Hope Cancer Center, AG

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

Reservation and assessment required; please call 805.346.3413

### Guided Meditation

Experience healing energy and calmness with a gentle guided meditation session.

MAR 1 & APR 5, 20; 5:00 PM

#### Virtual/Zoom Meeting

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

### Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the basics of golf.

#### Monarch Dunes, Nipomo

MAR 8, 22 & APR 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.

MAR 2, 16 & APR 6, 20; 5:30 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

### 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

### Lymphedema Prevention Exercise

Systematic exercise can play a major role in avoiding the onset of lymphedema. This therapeutic exercise class is designed for breast cancer survivors and those battling chronic conditions.

#### Marian Health & Wellness Center, SM

MAR 7, 14, 21, 28 & APR 4, 18, 25

Reservation and assessment required; please call 805.346.3413

#### Mission Hope Cancer Center, AG

MAR 6, 13, 20, 27 & APR 3, 17, 24

Reservation and assessment required; please call 805.474.5334

### Lymphoma, Leukemia & Multiple Myeloma (LL&MM) (All Blood Cancer Support Group)

Established to help individuals and their families cope with diagnosis, before, during and after treatment.

MAR 8; 1:00 PM

#### Virtual/Zoom Meeting

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

### 🌟Nutrition Class

We will explore the five senses and changes to your perception of food during chemotherapy treatments. (See page 14)

#### Mission Hope Cancer Center, SM

APR 5; 1:30 PM

Reservations required; please call 805.219.HOPE (4673) to register

### 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

MAR 10, 24 & APR 7, 28

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.

*(Hosted offsite; weather permitting)*

### Hearst Cancer Resource Center, SLO

EVERY WEDNESDAY

Call for times: HCRC at 805.542.6234 or email HCRC@dignityhealth.org

## ✪ Sewing Class

“What not to wear (to Chemo)”

Looking for tips on adjusting your wardrobe to accommodate treatment? Mary Stackhouse will share helpful strategies.

(See page 14)

### Mission Hope Cancer Center, SM

MAR 1; 1:30 PM

Reservations required; please call 805.219.HOPE (4673) to register

## SPOHNC, Santa Maria (Support for People with Oral, Head, and Neck Cancer, Inc.)

Head and neck cancer impacts a survivor both functionally and aesthetically. These meetings offer information and practical support to address the particular challenges of oral, head and neck cancer.

All welcome. (See page 9)

APR 18; 3:30 PM



### Virtual/Zoom Meeting

Guest Speaker: Ed King

Topic: NIH Study on Xerostomia

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

## Tai Chi Chih

Increase energy and improve health, balance, flexibility and stamina.

*(Hosted offsite; weather permitting)*

### 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.

(See page 4)

### Mission Hope Cancer Center, AG

MAR 22; 1:00 PM

### Mission Hope Cancer Center, SM

APR 26; 1:00 PM

Reservation required; please call 805.219.HOPE (4673)

## TRX Workouts

Simple and versatile, TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It is a wonderful recovery tool, whether from an injury, starting a fitness routine or just wanting to try something new.

### Mission Hope Cancer Center, AG

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

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

MAR 6, 13, 20 & APR 3, 10, 17; 2:00 PM

Call 805.219.HOPE (4673) to register

## Need Zoom support?

## Support Groups: The Pandemic Pivot

Support Groups are a great way to connect with others who understand what you are going through. The COVID pandemic initially dealt a huge blow to all support groups because it was no longer possible to meet in-person. As groups made the shift to virtual meetings on platforms like Zoom, many barriers to meeting in-person (living close to where the group meets or having reliable transportation to attend) disappeared. Although first a challenge to continuing support groups, moving to virtual format has made them more accessible for many people. Attending even if you aren't feeling well is another benefit of virtual meetings. If you have never used a virtual meeting platform like Zoom, group leaders can help members get set-up. Meeting virtually may feel odd at first, but the more you do it, the more comfortable you are likely to feel in the group.

## 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.

### Mission Hope Cancer Center, AG

MAR 6, 13, 20 & APR 3, 17, 24

Reservation and assessment required; please call 805.474.5334

MAR 16 & APR 20; 4:00 PM



### Virtual/Zoom Meeting

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



## 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](http://www.missionhopecancercenter.com)

Kylie Conner, RDN

REGISTERED DIETITIAN

805.346.3403

[Kylie.Conner@commonspirit.org](mailto:Kylie.Conner@commonspirit.org)

Katie Crafton, MSW, LCSW

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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

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#### THIRD FLOOR:

Medical Oncology ..... 805.349.9393

Mission Hope Infusion Center ..... 805.346.3419

Mission Hope Lab (*Office hours: 8:00 a.m. to 4:30 p.m.*) ..... 805.346.3480



TURN TO US FOR ANSWERS ABOUT CANCER



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Mission Hope Cancer Center

## A GIFT OF LOVE FOR CANCER PATIENTS



# Beanie Boutique

**Do you have a special event coming up? A favorite coat/hoodie? We can make a beanie to match!**

**You can choose a style and we'll pick colors that complement your ensemble.**

- All beanies made with love and *free of charge*
- All yarns are from her personal stash of yarn which is sizable but may in time become limited

**Text/call 805.363.9043 (leave message) • Email: sharonclay2009@gmail.com**

**Facebook group: Shar's Yarn Shoppe Beanie Boutique**

### Sharon Clay

Shar's Yarn Shoppe  
Beanie Boutique

Sharon is a resident of Santa Maria, having moved from Arroyo Grande when she and her husband retired. Sharon has been crocheting/knitting since she was age seven—over 65 years! Her husband received medical services from Mission Hope and she decided to offer something positive to fellow patients in a confusing time in their lives. Sharon is happy to put her God-given talent to good use.

