

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

May/June 2023

JUNE IS NATIONAL CANCER SURVIVORSHIP MONTH

Cancer survivorship can be a challenging journey for people who have been diagnosed with cancer, including those who have no signs of cancer after finishing treatment, and those who are receiving extended treatment to control the cancer or to reduce risk of its return. With the increasing number of cancer survivors in the United States, thanks to advances in early cancer detection and in cancer treatment options, it is important to understand the ongoing physical, emotional, and psychological issues cancer survivors face during and after treatment.

Cancer Survivorship is a Journey

Cancer survivors may experience long term physical side effects from treatment, including chronic fatigue, memory problems, peripheral neuropathy, pain, and lymphedema, among others. They may also be at increased risk for secondary cancers and other chronic health conditions.

Cancer survivors may face emotional and psychological challenges. While some survivors appreciate life more and find it easier to accept themselves as they are, it is also common to feel depressed and anxious, especially about their health. In addition, there could be financial challenges related to the cost of treatment and ongoing care.

The need for cancer survivors may change over time. During cancer treatment, it's important to talk with your cancer doctors about symptom management, who can also connect you with counseling and support groups as needed for emotional and psychological challenges, as well as organizations for financial assistance to help cover costs of cancer care.

After cancer treatment is complete, it is helpful to ask for a summary called a “survivorship care plan” that summarizes previous cancer treatment and outlines future follow-up care. Many people feel reassured to know the next

steps in their medical care. This provides a sense of control during a transitional period. This also helps the cancer survivor to understand who will provide different medical services in the future and how often, including the role of primary care provider (PCP) and cancer rehabilitation services.

PCPs counsel their patients on both risky and beneficial health behaviors, including those around tobacco use, diet, physical activity, sun protection, and alcohol use. They offer vaccinations against hepatitis B and human papillomavirus (HPV), which can help protect against certain types of cancer. PCPs also play a key role in cancer screening based on individual patient's risk factors and preferences, including Pap smear for cervical cancer screening, PSA testing for prostate cancer screening, mammograms and ultrasound (if needed) for breast cancer screening, and referrals for other screening tests, such as colonoscopies.

In conclusion, cancer survivorship is a journey that requires ongoing support and care. With the right resources and support, cancer survivors can manage physical, emotional, and psychological challenges and lead fulfilling lives after cancer diagnosis.



Wei Bai, MD
Medical Oncology/
Hematology

[Ask for a summary called a “survivorship care plan” that summarizes previous cancer treatment and outlines future follow-up care.](#)

**Mission Hope
Cancer Center Leadership**

Keith A. Ayrons, MD
Medical Oncology/Hematology

Wei Bai, MD
Medical Oncology/Hematology

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,
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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

Celebrating Community Support



Allan Hancock College Carney's Coaches vs. Cancer

■ On February 8, 2023, Allan Hancock College hosted its annual Carney's Coaches vs. Cancer basketball event fundraiser. At the event, a total of **\$1,246** was raised for cancer patients in need at Mission Hope Cancer Center and a special check presentation took place during the basketball game's halftime. Additionally, the event honored cancer survivor Coach Larry Carney (pictured center) as a longtime basketball coach at Allan Hancock College.



Santa Maria Country Club Women's Division Tournament

■ On Tuesday, May 9, 2023, the Santa Maria Country Club Women's Division will host their annual **Golf, Tennis and Pickleball Tournament and Luncheon fundraiser**. Event proceeds will support cancer patients in need at Mission Hope Cancer Center. At the event's luncheon, attendees will hear from breast surgeon **Colleen O'Kelly Priddy, MD, FACS**, and a breast cancer survivor testimonial. Net proceeds from the following entry fees go to Mission Hope Cancer Center's assistance fund benefiting local cancer patients.

• **Tournament: \$125 per person • Luncheon: \$75 per person/\$600 table for 8 people**

To register or to donate towards the Santa Maria Country Club Women's Division's upcoming event, please call 805.922.7276 or email mrslandkids@comcast.net.



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

805.739.3595

www.SupportMarianMedical.org

The 10th Annual Day of Hope

*Get involved!
Give the gift of hope*

Wednesday, August 23, 2023
7:00 a.m. – 12:00 p.m.



Community members are invited to participate in the event through:

- Team newspaper sales
- Event sponsorship
- Car parade entry
- Online fundraising
- Making a donation
- Retail donation campaigns
- School coloring activity



Mark your calendar now for the 10th annual Day of Hope event, taking place on Wednesday, August 23, 2023!

Day of Hope teams will again take to the streets of Santa Maria, Orcutt, and Nipomo to sell special edition Day of Hope *Santa Maria Times* newspapers.

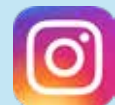
All event proceeds benefit local cancer patients in our community and support:

- **Patient Outreach Needs**
Meeting the needs of patients and families struggling to make ends meet
- **Equipment & Technology**
To ensure that the most advanced medical treatments and technologies are available, locally
- **Programs & Services**
Nutritional support, education, counseling, support groups, etc., all offered at no charge to patients and families at Mission Hope Cancer Center

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

Follow us

@SupportMarianMedical
#DAYOFHOPE



EVENT PARTNERS



Meet Our Day of Hope 2023 Ambassador...

Andrea Saucedo



The 2023 Day of Hope Ambassador is Andrea Saucedo, a local breast cancer survivor.

In December of 2021, at the young age of 38, Andrea discovered a lump in her breast and scheduled an appointment with her gynecologist. Andrea's gynecologist ordered a mammogram and ultrasound just to be safe even though Andrea was not experiencing any concerning symptoms of breast cancer. Following a mammogram and breast biopsy, Andrea's diagnosis of invasive ductal carcinoma was confirmed. Last year, she proudly completed chemotherapy treatment and radiation therapy.

Andrea is an energetic and positive wife and mother. In addition, Andrea is a preschool teacher at Pacific Christian Preschool. Mission Hope Cancer Center is honored to have Andrea serve as the Day of Hope 2023 Ambassador!

“Catalina was very personable, compassionate and professional. I felt treated with dignity and felt at ease in the performance of the mammogram.”

—A grateful patient



Staff Spotlight: Catalina Seda

Imaging technician Catalina Seda at the Mission Hope Breast Imaging Center, is known for both her compassionate care and tremendous expertise.

One grateful patient recently shared how Catalina's kindness and professionalism made all the difference during a mammogram procedure. Thank you, Catalina, for providing care to patients that embodies dignity, joy, and grace!

According to the American Cancer Society, when breast cancer is detected early—and hasn't spread outside of the breast—the five-year survival rate is 99%. As most of us know, finding breast cancer early requires doing monthly breast self-exams and having regular clinical breast exams and mammograms. It also requires excellent care and medical equipment.

Help Support Life-Saving Mammography Equipment

To make sure our doctors have the best tools they need to diagnose breast cancer, Arroyo Grande Community Hospital Foundation has brought an advanced Hologic 3Dimensions mammography and biopsy machine to our community. It's been installed at Coastal Diagnostic and Imaging Center, and patients are already benefiting from it.

However, the Foundation still needs your help to finish funding it! So far, we've raised \$450,000, thanks to the generosity of our amazing community. But that means we're still \$200,000 away from our goal.

"The new, 3D technology will help doctors in diagnosing patients by detecting cancers earlier, [cancers] that might be hidden in dense breast tissue. But also it will reduce the amount of callbacks that we have," Radiologist Dr. Ramanjot Muhar said. "At some point in a woman's life they will be called back for something that was seen on their mammogram. But if it's a 3D mammogram with...newer technology, we may be able to scroll through the breast tissue and realize there isn't anything worrisome and prevent the patient from having to come back and prevent the anxiety that comes along with that entire process."

The higher definition will also make it easier to accurately identify whether a mass is cancerous or not, reducing the number of unnecessary biopsies. When 3D biopsies are performed with the new technology, the specimen analyzer determines if the sample has captured the correct tissue, decreasing, almost in real time, repeat biopsies for patients and minimizing trauma to the breast tissue.



Help us finish paying for this life-saving equipment! Visit supportarroyogrande.org to make a gift or call us at **805.994.5421**. Please send checks with "mammography equipment" in the memo to AGCH, Attn: Foundation Office, 345 S. Halcyon Road, Arroyo Grande, CA 93420.



Other Ways to Fight Cancer with Us!

Arroyo Grande Community Hospital Foundation's **Cancer Care Fund and Transport to Treatment Program** provides local cancer patients and survivors with the financial and emotional assistance they need to remove unnecessary stress that could diminish their health.

In 2022, \$341,824 was used to serve a total of 2,830 patients with financial assistance, gas cards and transports for treatment, support groups, counseling, and more.

The fund also supports an oncology nurse navigator, social worker, dietitian, rehabilitation trainer and transportation coordinator to guide each patient from diagnosis throughout recovery and connect them with any resources they need.

For more information about both of these areas of giving, visit supportarroyogrande.org.

A cancer diagnosis can be overwhelming. The good news is that advances in cancer treatment have made it possible for millions of cancer patients to lead healthy lives. In fact, the risk of dying from cancer in the United States has decreased over the past 28 years, according to annual statistics reported by the American Cancer Society.

Oral Anticancer Drugs: Are they right for you? What you need to know.

Oral anticancer drugs are strong enough to kill cancer cells, so they can be hazardous to others if exposed.

Today, there are oral medications used to treat various cancers. These medications may be chemotherapy in a pill form or other oral therapies that target cancer cell growth. They're as effective at destroying cancer cells as the most common method of chemotherapy administered in infusion centers. Their main difference is that patients can swallow the medication and take it from the comfort of their homes. But keep in mind that these oral medications are powerful and may require special precautions when taken at home.

If you have discussed oral chemotherapy or other oral therapies as a treatment option with your oncologist, there are things you should know to help you prepare for treatment. Here are seven common questions and answers to boost your knowledge and help you make better choices for your health:

Why oral treatment versus intravenous (IV) chemotherapy?

Whether oral medications are right for you depends on the type of cancer, your physician's advice, and your personal preference. If you're a candidate for oral medication to treat your cancer, there are some significant advantages. Those include more flexibility, less travel time, and not having to miss work due to medical appointments. If you live in a rural area, you may find it beneficial not to have to drive long distances to get treatment. Oral therapy

also eliminates the need for needles, which some may consider uncomfortable.

How do I take the medication?

You should take your medication exactly as prescribed by your doctor. Do not break or crush the pills. Read all the instructions on the medication bottle to understand if you need to take it with food or on an empty stomach. And if someone else is helping you take your medicine, they shouldn't touch the tablets. Oral anticancer drugs are strong enough to kill cancer cells, so they can be hazardous to others if exposed. Instead, have your caregiver empty the pills into the bottle lid or wear disposable gloves. Under no circumstances should pregnant women come in contact with this medication. Wash your hands with soap and water after taking your medication.

Is there a particular way to handle the medication to protect me and others?

Oral therapies to treat cancer aren't your typical over-the-counter or prescription medicine. They're as strong as IV chemotherapy. That means that both pharmacists and caregivers may have to follow special handling instructions. In some cases, you may receive your medication in the mail from a specialty pharmacy. Drugs can remain in your body for several days after you take them. As a precaution, caregivers should wear disposable gloves if they come in contact with vomit, urine, or stool. Wash soiled bedsheets or clothes separately from

other clothing. Be sure to wash your hands after cleaning or touching any item exposed to body fluids.

When should I use or take the medication?

It's essential to follow the instructions from your prescribing provider. Make sure your pharmacist is aware of this new medication. This information can help them determine if the new medication interacts with any of your existing medications. Try taking your medication at the same time each day. You should know both its generic and brand name. Inform other doctors, dentists, and health care providers that you are taking pills for your cancer. Check with your doctor or pharmacist before beginning a new drug. Call your health care team for additional instructions if you miss a dose or vomit after taking it.

How should I store the medication?

Keep your medication in its original container and away from heat, sunlight, children, and pets. Do not store your tablets or capsules in the same pillbox as your other medications. Keeping the medication in a damp environment isn't ideal, either. That means the bathroom medicine cabinet isn't the best place to store it. Read the medication label to determine if refrigeration is needed. If the medication needs to be refrigerated, make sure it's stored in a sealed plastic bag or container and away from food.

What are the possible side effects?

What should I do if I have side effects?

Oral medications can cause the same side effects as intravenous medications used to treat cancer. These include fatigue, nausea, diarrhea, constipation, skin rashes, and hair loss. Some cancer treatments can also affect your ability to have children in the future. Talk to your cancer care team before starting a new therapy if that's a concern. Because everyone reacts differently to cancer treatment, taking symptoms seriously is essential. Call your doctor immediately if you experience bleeding, uncontrolled diarrhea, or vomiting. A 100.4° or higher fever and painful mouth sores are also concerning symptoms. Notify your doctor if you stop taking your medication. Ask your doctor or cancer care team if you need to take additional medicines before each dose to help reduce side effects.

What if I have extra pills at the end of my treatment?

You should be careful in the disposal of leftover medication. Doctors usually prescribe the exact dosage and amount, so you shouldn't have any extra pills at the end of the treatment. If you change or stop taking your oral medications, contact your pharmacy or doctor's office for disposal instructions. In general, don't throw these medications in the trash, the toilet, or the sink. Remember, these medications can be hazardous to others who may come in contact with them.

Oral medications can cause the same side effects as intravenous medications used to treat cancer. Stay in touch with your health care team.

The takeaway:

Oral drugs are as effective as IV chemotherapy and other intravenous cancer medications. These powerful medications must be taken as instructed by your oncologist and handled cautiously. Refill your medication ahead of time, and plan for travel and weekends. Notify your doctor's office when you start treatment and discuss any concerns. The length of treatment varies depending on the patient and type of cancer.



Marlyn Molero
Clinical Research
Associate

Initiated and supported by the The American Association for Cancer Research (AACR), National Cancer Research Awareness Month is designed to highlight the importance of lifesaving research to the millions of people around the world affected by cancer.

Advancing Cancer Care

Clinical research plays a vital role in the development of every medication or device on the market. The developmental process includes years of research and clinical testing, supported by investment from the federal government, private industry, and donations.

Knowledge gained from clinical research studies allows physicians to offer the best care to patients in terms of prevention, diagnosis, and treatment of a specific disease.

We believe research provides an opportunity:

- To contribute to find a cure
- To improve quality of life
- To improve health care for the next generation
- To improve access to health care for all regardless of race, gender or socio-economic status
- To access the latest treatment

The Mission Hope Research Department is a proud partner of CommonSpirit Research Institute with access to more than 140 oncology trials. We are heavily involved in clinical research as an affiliated institute of the NCI Community Oncology Research Program (NCORP) which is a national network that brings cancer clinical trials and care delivery studies to people in their own communities.

Our Research Department counts on highly trained clinical investigators specializing in medical oncology, surgical oncology, and radiation therapy. Our researchers actively participate in research studies and are always looking for new ways to further improve treatment and care for our patients. Our Clinical Research Associate works closely with our physicians to help identify trials for eligible and interested patients, and also closely monitors all patients who decide to enroll in a research study.

If you are interested in learning more about the clinical trials available at our site, please contact our Clinical Research Associate, Marlyn Molero at 805.346.3462 or to learn more, visit www.clinicaltrials.gov.

Mission Hope
Clinical Research
805.346.3462

At Mission Hope, our doctors are dedicated to providing expert cancer care. To see if you are eligible to take part in a clinical trial opportunity as part of your treatment plan, have a talk with your doctor.

MAY IS NATIONAL SKIN CANCER AWARENESS MONTH

Living on the central coast affords us ample opportunity to spend time outdoors and potentially overexposing ourselves to UV rays. Sun exposure and fair skin are risk factors for squamous cell carcinoma, a common form of skin cancer. According to an article in the *International Journal of Dermatology* 7-11% of fair skinned people in America will be diagnosed with this form of cancer in their lifetime.

Taking Steps to Reduce Your Risk of Skin Cancer

The good news is that we can potentially reduce our risk of this type of skin cancer by including foods high in vitamin A into our diet. Vitamin A can be separated into 2 categories: preformed and provitamin A. Preformed or retinol and its derivatives are found in animal-based foods such as egg yolks, fish, organ meats and dairy. Provitamin A or carotenoids are plant-based and are found in green leafy vegetables and orange or yellow vegetables like carrots or winter squash. Fruits like cantaloupe, apricots, and mangos are also good sources of vitamin A. Vitamin A is fat soluble, which means excess amounts are stored in our body fat. Too much can cause headaches, muscle aches, dizziness and other symptoms and in severe cases may lead to coma or death. So it is important to discuss healthy ways to add this important nutrient into your nutrition plan with a Registered Dietitian.

Things to consider about exercise and reducing our risk of skin cancer include reducing our sun exposure. Try to avoid exercising during the peak hours of the sun 10:00 a.m.–4:00 p.m. and during UV index readings above six. If you are exercising during those times be sure to take precautions like wearing UV protective hats and clothing or applying broad spectrum SPF 30+ sunscreen every two hours and after swimming or sweating. Exercising helps to boost our immune system and fight against cancer cells in our body. Let's be smart about it and do it without increasing our risk of developing skin cancer.

For more information and practical suggestions, please join Kylie Conner, RD, and John Malinowski, ACSM-CET, at our First Steps in Nutrition and Exercise class on Tuesday, May 9 at 2:00 p.m. which will feature tips on how to minimize risk of skin cancer through appropriate nutrition and physical activity. Please call for reservations at 805.346.3413.

The foods you choose can impact your risk of skin cancer! We can potentially reduce our risk of squamous cell carcinoma by including foods high in vitamin A into our diet, such as cantaloupe and carrots.





John Malinowski,
ACSM-CET
Cancer Rehabilitation
Program

Try to implement a new activity for six weeks. If you keep at it for at least that long, the chances of you keeping the routine you set are increasingly higher than if you stop.

Due to advances in cancer prevention, early detection, treatment and follow-up care, people are surviving cancer longer than ever. Survivors can reduce the risk for cancer recurrence with healthy lifestyle choices including regular physical activity and making good food choices. Below are some simple strategies you can use to improve your quality of life.

Creating Healthy Habits for Survivorship

Create a well-balanced nutritional plan to continue healthy survivorship.

- **Eat more fiber.** The American Institute for Cancer Research recommends getting at least 30 grams of dietary fiber daily. Some suggestions to add more fiber are: whole grains like barley or quinoa, vegetables, fruits and legumes are also good sources of fiber.
- **Stay hydrated.** Daily fluid intake includes water consumed from foods and drinking water or other beverages. Staying hydrated helps regulate body temperature, lubricate joints, and rid the body of waste products. Daily recommendations of total fluid intake is 3,000ml for men and 2,000ml for women.
- **Include anti-oxidant rich foods.** Antioxidants help protect the body from the oxidation process by inhibiting free radicals from damaging healthy cells. Some foods high in antioxidants are: squash, carrots, sweet potatoes, spinach, broccoli, cabbage, kale and Brussel sprouts to name a few.
- **Limit fast food and processed food consumption.** These types of food typically contain less nutritional value than unprocessed foods and have higher amounts of empty calories.

Steps you can take to continue a healthy lifestyle through exercise if medically cleared.

- Know the recommendations for physical activity for **your age group**.
 - 64 and under Aerobic Exercise 30-60 minutes of moderate intensity 5 days/week
 - 65 and older Aerobic Exercise 30-60 minutes of moderate intensity 4 days/weekNote: Both age groups should engage in strengthening exercise at least 2 days per week
- **Develop a written plan.** Be as specific as possible. Include a starting date, time and place of workout, what types of exercise you will perform and nutrition plan to fuel your workouts.
- **Find a workout buddy!** Research shows that if you are exercising with at least one other person on a regular basis you will stick with your routine. If you like classes you have that built in.
- **Be mindful of your activity level.** Keep track of your workouts. Whether you use an app like Fitness Pal or Weight Watchers or a simple calendar you can track how often you are actually doing your workouts. You can also track your *frequency* (how many times per week), *intensity* (how difficult the workout is—hard, moderate or easy), *time* (log in the number of minutes you spend doing each activity).
- Having a **set time and place** helps keep your focus on the task at hand which is your health.
- **Find an accountability partner.** Within your group find someone you trust to hold you accountable to your set goals.
- **Don't give up!** Everyone has bad days or even weeks. You can move into the direction of becoming more healthy every single day with each step you take and with each choice we make. Push yourself to make it through the first six weeks and you'll find it will get easier.

Cooking doesn't have to be complicated. Try these simple and delicious suggestions.

Vitamin A Packed Lime and Basil Fruit Salad



INGREDIENTS:

- 2.5 cups honeydew melon cut into 1" cubes
- 1 cup blackberries
- 1 cup raspberries
- 5-6 basil leaves fresh
- 1 lime juiced and zested

INSTRUCTIONS:

1. Combine all ingredients in a bowl and mix well, making sure the lime juice has covered the fruit
2. Let chill for at least one hour

Chicken Breast with White Wine and Mushrooms

INGREDIENTS:

- 4 boneless skinless chicken breast halves (6 ounces each)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 2 cups sliced baby portobello mushrooms (about 6 ounces)
- 1 medium onion, chopped
- 2 garlic cloves, minced
- ½ cup dry white wine or reduced-sodium chicken broth



INSTRUCTIONS:

1. Pound chicken breasts with a meat mallet to ½ inch thickness; sprinkle with salt and pepper. In a large skillet, heat oil over medium heat; cook chicken until no longer pink, 5-6 minutes per side. Remove from pan; keep warm.
2. Add mushrooms and onion to pan; cook and stir over medium-high heat until tender and lightly browned, 2-3 minutes. Add garlic; cook and stir for 30 seconds. Add wine; bring to a boil, stirring to loosen browned bits from the pan. Cook until liquid is slightly reduced, 1-2 minutes; serve over chicken.



Flora Washburn, BCC
Spiritual Care Manager,
Central Coast

There are generally three types of documents: medical power of attorney, living will and POLST.

Recently, I visited my cousin who was admitted into the hospital for a serious illness. The physician asked him if he had an advance health care directive. My cousin paused. The physician then explained what he meant by an advance directive and then gave a scenario in which the medical team would want to know his wishes if he could not speak for himself. He also tried to reassure him that all was okay. This was just information they like to know. My cousin does have one and was able to say what he would and would not want if he could not speak for himself.

Health Care Decisions and You

This happens on a daily basis in hospitals. Frequently, patients do not know what an advance directive is or why it is important to have one. When the medical professional asks the patient or their loved one the question, they often become nervous and are afraid that something bad will happen if they say what they want or don't want. "Am I dying?" is a question I have heard many times to which I respond, "No, no. The hospital likes to give patients and those close to them the opportunity to complete an advance directive so family and the medical team know what is important to someone." We like to tell patients, "You are a captive audience when you are in the hospital. Now is a good time to help you understand and know your options."

So what is advance care planning? Advance care planning takes into consideration an individual's decisions based on personal beliefs, wishes, spiritual beliefs and values. This information informs the individual in completing the advance directive which is a written document that states a person's medical wishes should they not be able to speak for themselves.

There are generally three types: medical power of attorney, living will and POLST.

The medical power of attorney states a person's wishes and gives someone close to them the authority to speak for the individual and states what the individual would or would not like medically. The living will is similar in that a person states in writing what someone would like and is either notarized or witnessed by two individuals. The POLST (physician ordered life sustaining treatment) is a document that the physician discusses with a patient and family member to understand what they want and/or don't want when they have a terminal illness.

It can all be very confusing which is why it is so important to discuss and think about when we are capable of doing so. Knowing takes pressure off of the patient and family members when end of life does come. It also helps the medical team to know what kinds of treatments they should or should not provide. Please join Flora Washburn, BCC, to learn more.

Advance Health Care Directives Explained

Join us to learn exactly what an advance directive is and the importance of having one. Flora will explain what goes into having this document ready to express your medical wishes.

Guest Speaker: Flora Washburn, BCC, Spiritual Care Manager

Tuesday, June 13, 2023 • 4:00 p.m.

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

Reservations are required. Please call Mission Hope to register at 805.219.HOPE (4673)

MORE REASONS TO GET MOVING!

Need another reason to exercise? Our lymphatic system is dependent on the movement of our body to push the fluid through the system which works to remove waste such as bacteria, viruses, and other abnormal cells.

The Effect of Exercise on the Lymphatic System

Our lymphatic system is part of our immune system. It is a network of vessels and nodes where immune cells remove waste—like bacteria, viruses, and other abnormal cells. This helps to keep us healthy and when we do get sick it helps our body fight off the illness subsequently returning to our normal state of health. This network of vessels and nodes is a vast network throughout our body and needs help from us to perform the job it has. This system does not have its own way to pump the fluid through the system. This means it is dependent on the movement of our body to push the fluid through the system. When we exercise our heart rate increases and our muscles contract and relax which help to circulate the lymph fluid throughout the network of vessels and nodes. Basically the more we move our body the more efficient the lymph system becomes. The more efficient our lymphatic system is the more capable of fighting off the foreign invaders in our body, like cancer cells.

If you would like to learn more about this as it pertains to Head and Neck cancer patients, please attend the SPOHNC support group meeting on Tuesday, June 20, at 3:30 p.m. on Zoom. Contact Gina Rotonio at 805.473.4373 to reserve a spot.

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.

FEATURED TOPIC:

Lymphedema Management

With John Malinowski, ACSM-CET

Lymphedema is an accumulation of protein-rich fluid that causes swelling in the body. It is an unfortunate side effect that can result from treatment of cancer. Join us to learn practical ways to support lymphatic health.



Tuesday, June 20
3:30 p.m.

A Virtual/Zoom group activity

Reservations required. To register, please call 805.473.4373

Learn Golf

This popular support group utilizes three holes of the 12 hole course to help patients and caregivers learn the game of golf in a fun and stress free manner. The Monarch Dunes golf professionals are with the group each step of the way. All necessary golf equipment is supplied.

Select Wednesdays: May 10, 24 and June 13, 27

Monarch Dunes Golf Course, Nipomo

Reservations are required.

Please call Mission Hope to register at 805.219.HOPE (4673)

EXPERIENCE THE HEALING POWERS OF THE OCEAN



Support groups invited to attend May 20:

- *Young Women with Breast Cancer*
- *Gynecologic Cancer*

Surfing for Hope Survivor Camp 2023

Selected Saturdays: 9:00 a.m.
May 20 and September 16, 2023

Meeting place: SeaCrest OceanFront Hotel
2241 Price Street, Pismo Beach

These unique camps take place on the shores of Pismo Beach and are open to men and women currently undergoing treatment or who have completed cancer treatment, as well as oncology health care providers. A day of yoga, beginner surf instruction and gourmet luncheon will be provided free of charge. Dr. Tom Spillane will lead a brief discussion on survivorship as well as update on cancer treatments and resources.

Spots are limited, so register today for this unique opportunity to join other survivors for a informative and fun-filled day. Please feel free to sign up with a friend—they do not have to be a survivor themselves. Questions? Please call Bob Voglin at 805.305.5088

Check out the website for more information and/or to apply for Surfing for Hope: [Surfingforhope.org/survivor-camps](https://surfingforhope.org/survivor-camps)



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.

OPEN YOURSELF UP TO NEW POSSIBILITIES

Explore your creativity



Watercolor Cards

Led by **Linda Denton**

Just in time for Mother's Day, we will be creating watercolor cards. Haven't painted in awhile? Don't feel like you can create? Linda will walk you through every step in creating five fun and beautiful cards to share with your friends. Explore the wonders of watercolors with a professional! All materials will be supplied.

SANTA MARIA

Wednesday, May 3 • 9:00 a.m.

1325 East Church Street, Santa Maria

ARROYO GRANDE

Tuesday, May 2 • 9:00 a.m.

850 Fair Oaks Avenue, Third Floor

Artistic Experimentation on Paper

Led by **Brianda Lemus, ASW, and Terrie Miley**



Brianda Lemus, ASW



Art Journaling

Art journaling is a visual diary—a place to record your thoughts, memories, and emotions through images, art, and words. It is a form of therapy and self care. You can use art journaling through grief, through health struggles and other life challenges and also for joyful play.

SANTA MARIA

Friday, May 19 • 1:30 to 3:30 p.m.

1325 East Church Street, Santa Maria

Journal Exercises

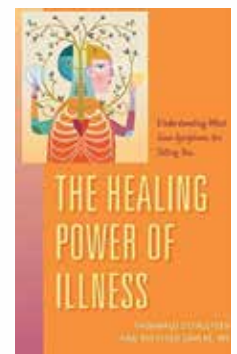
Using the book, *The Healing Power of Illness*, you will explore the secrets that your body, mind and spirit are holding for you through journaling and insightful exercises. Feel a deeper connection with yourself as you share your journey with a group of like minded people walking their own path toward healing.

SANTA MARIA

Friday, June 16 • 1:30 to 3:30 p.m.

1325 East Church Street, Santa Maria

Please bring a journal and an open mind and heart. Books will be provided.



**FREE
HANDS ON WORKSHOPS
OPEN TO EVERYONE**

Acrylic Painting

Led by **Linda Denton**



To welcome in the summer fun we will be painting a Surfer Gnome using acrylic paints. We provide a drawing of you to trace and all of the supplies. Don't worry if you've never painted, Linda will walk you through

the entire process to create your own fun-loving gnome to celebrate the summer.

SANTA MARIA

Wednesday, June 7 • 9:00 a.m.

1325 East Church Street, Santa Maria

ARROYO GRANDE

Tuesday, June 6 • 9:00 a.m.

850 Fair Oaks Avenue, Third Floor

■ Reservations are required: Please call Mission Hope to register at 805.219.HOPE (4673) or 805.474.5334

May 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| <p>1</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>2</p> <p>Lymphedema Prevention Exercise (MHW) Art Therapy–Watercolor Cards (AG) 9:00 am  Breast Cancer Support Group 4:00 pm</p> | <p>3</p> <p>Circuit Training (MHW) Art Therapy–Watercolor Cards (SM) 9:00 am Sewing Class (SM) 1:30 pm Writing Workshop (SM) 3:00 pm  Guided Meditation 5:00 pm</p> | <p>4</p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)  Advanced Cancer Support Group 5:30 pm</p> | <p>5</p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW)</p> |
| <p>8</p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p> | <p>9</p> <p>Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm Gynecologic Cancer Support Group (SM) 4:30 pm</p> | <p>10</p> <p>Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm Writing Workshop (SM) 3:00 pm</p> | <p>11</p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm</p> | <p>12</p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</p> |
| <p>15</p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p> | <p>16</p> <p>Lymphedema Prevention Exercise (MHW)  Apoyo y Educación Para Personas con Cáncer 3:00 pm  Breast Cancer Support Group 4:00 pm</p> | <p>17</p> <p>Circuit Training (MHW) Writing Workshop (SM) 3:00 pm</p> | <p>18</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>19</p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Art Journaling (SM) 1:30 pm</p> |
| <p>22</p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Fiesta de Flores</i> Knitting Group (SM) 2:00 pm</p> | <p>23</p> <p>Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm</p> | <p>24</p> <p>Circuit Training (MHW) Learn Golf Writing Workshop (SM) 3:00 pm</p> | <p>25</p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</p> | <p>26</p> <p>Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</p> |
| <p>29</p>  <p>Office Closed Memorial Day</p> | <p>30</p> <p>Lymphedema Prevention Exercise (MHW)</p> | <p>31</p> <p>Circuit Training (MHW) Writing Workshop (SM) 3:00 pm</p> | | |

June 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key to locations of activities:

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

| | | | | |
|---|--|--|--|---|
| | | | <p>1 Gentle Stretching (AG) Fight Against Falls Class (AG) TRX Workouts (AG)  Advanced Cancer Support Group 5:30 pm</p> | <p>2 Fight Against Falls Class (MHW)</p> |
| <p>5 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p> | <p>6 Lymphedema Prevention Exercise (MHW) Art Therapy–Acrylic Painting (AG) 9:00 am  Breast Cancer Support Group 4:00 pm</p> | <p>7 Circuit Training (MHW) Learn Golf Art Therapy–Acrylic Painting (SM) 9:00 am Nutrition Class (SM) 1:30 pm Writing Workshop (SM) 3:00 pm  Guided Meditation 5:00 pm</p> | <p>8 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm</p> | <p>9 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</p> |
| <p>12 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p> | <p>13 Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm PRESENTATION: Advance Directives (SM) 4:00 pm Gynecologic Cancer Support Group (SM) 4:30 pm</p> | <p>14 Circuit Training (MHW) Writing Workshop (SM) 3:00 pm</p> | <p>15 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>16 Fight Against Falls Class (MHW) Journaling Exercises (SM) 1:30 pm</p> |
| <p>19 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Todo Comienza en la Cocina</i></p> | <p>20 Lymphedema Prevention Exercise (MHW)  Apoyo y Educación Para Personas con Cáncer 3:00 pm  SPOHNC, Santa Maria 3:30 pm <i>Topic: Lymphedema Management</i>  Breast Cancer Support Group 4:00 pm</p> | <p>21 Circuit Training (MHW) Learn Golf Writing Workshop (SM) 3:00 pm</p> | <p>22 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</p> | <p>23 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</p> |
| <p>26 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Young Women Breast Cancer Group (SM) 5:30 pm <i>Fourth of July Decor</i></p> | <p>27 Lymphedema Prevention Exercise (MHW)  Cancer Patient Support Group 1:00 pm</p> | <p>28 Circuit Training (MHW) Writing Workshop (SM) 3:00 pm</p> | <p>29 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</p> | <p>30 Fight Against Falls Class (MHW)</p> |

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

11 MAY Y 8 JUN; 4:00 PM
Reservaciones requeridas. Por favor llame a 805.219.HOPE (4673) para registrarse

Apoyo y Educación para Personas con Cáncer

16 MAY Y 20 JUN; 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.

MAY 5, 12, 19

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

MAY 3; 9:00 AM

Watercolor Cards with Linda Denton

MAY 9 & JUN 13; 10:00 AM

Origami Class

MAY 19; 1:30 PM

Art Journaling with Terrie Miley

JUN 7; 9:00 AM

Acrylic Painting with Linda Denton

JUN 16; 1:30 PM

Journal Exercises with Terrie Miley

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

Mission Hope Cancer Center, AG

MAY 2; 9:00 AM

Watercolor Cards with Linda

JUN 6; 9:00 AM

Acrylic Painting with Linda Denton

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 pródidos 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

22 MAY; 10:00 AM

Fiesta de Flores

19 JUN; 10:00 AM

Todo Comienza en la Cocina

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

MAY 4, 11, 18, 25 &
JUN 8, 15, 22, 29

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.

MAY 2, 16 & JUN 6, 20; 4:00 PM



Virtual/Zoom Meeting

Reservations required; please call 805.346.3402 to register

Breast cancer groups continue

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 share in some lighthearted fun together.

Mission Hope Cancer Center, SM

MAY 20; 9:00 AM

Surfing for Hope, Pismo Beach

JUN 26; 5:30 PM

Fourth of July Decor

Reservations required; call 805.346.3405

✪ Gynecologic Cancer Support Group

This support group is designed to give individuals with gynecologic cancers a forum to share their experiences and expand their support system while enjoying time together in engaging activities.

Mission Hope Cancer Center, SM

MAY 9; 4:30 PM **Game Night**

JUN 13; 4:30 PM **Journaling**

Reservations required; call 805.346.3441

Cancer Patient Support Group

For newly diagnosed patients or recently out of treatment.

MAY 23 & JUN 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 personal fitness goals which are tailored to your specific needs and abilities for an individualized program.

Reduce stress and promote relaxation...

Experience the Art of Origami

Led by Jane Abela

A cancer survivor herself, Jane leads the group in the creative and relaxing pastime of origami. This practice immerses one in an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction. Many of the origami designs are symbols of hope and new beginning.

Selected Tuesdays: May 9 and June 13 • 10:00 a.m.

1325 East Church Street, Santa Maria

Reservations are required: Please call Mission Hope at 805.219.HOPE (4673)



Marian Health & Wellness Center, SM Mission Hope Cancer Center, AG

Reservation and assessment required; please call 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

Circuit Training

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

Marian Health & Wellness Center, SM

MAY 3, 10, 17, 24, 31 &

JUN 7, 14, 21, 28

Reservation and assessment required; please call 805.346.3413

Energy Balancing

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

MAY 22 & JUN 26; 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

MAY 5, 12, 19, 26 &

JUN 2, 9, 16, 23, 30

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

MAY 4, 11, 18, 25 &

JUN 1, 8, 15, 22, 29

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. Join us to learn tools to support your health throughout your treatment.

Mission Hope Cancer Center, SM

MAY 9; 2:00 PM

Tips on Avoiding Skin Cancer through Nutrition and Physical Activity

JUN 13; 2:00 PM

Tips on Survivorship through Nutrition and Physical Activity

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

MAY 4, 11, 18, 25 &
JUN 1, 8, 15, 22, 29

Reservation and assessment required; please call 805.346.3413

Guided Meditation

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

MAY 3 & JUN 7; 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.

(See page 13 for details)

Monarch Dunes, Nipomo

MAY 10, 24 & JUN 13, 27

Please call 805.346.3413 for details

Living with Advanced Cancer Support Group

Informal meeting provides support for the specific needs of patients with advanced cancer.

MAY 4, 18 & JUN 1, 15; 5:30 PM

🖥️ Virtual/Zoom Meeting

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

🌟NEW CLASSES

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

MAY 2, 9, 16, 23, 30 &
JUN 6, 13, 20, 27

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

MAY 1, 8, 15, 22 &
JUN 5, 12, 19, 26

Reservation and assessment required; please call 805.474.5334

Nutritional Counseling with a Registered Dietitian

Mission Hope Cancer Center, Santa Maria/Arroyo Grande

By appointment; 805.346.3403

Hearst Cancer Resource Center, San Luis Obispo

By appointment; 805.542.6234

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

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

MAY 10; 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. Learn some common sense, practical, and easy to use cooking techniques that can help you to enjoy eating again.

Mission Hope Cancer Center, SM

JUN 7; 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

MAY 12, 26 & JUNE 9, 23

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 on how to choose port friendly clothing for chemo treatments and daily wear.

Mission Hope Cancer Center, SM
MAY 3; 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. (See page 13 for details)

JUN 20; 3:30 PM

 **Virtual/Zoom Meeting SM/AG**

Speaker: John Malinowski, ACSM-CET
Topic: Lymphedema Management
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

Monday, May 29 is a national holiday and Mission Hope Cancer Center will be closed.

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

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

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 tool to start a fitness routine or to try something new.

Mission Hope Cancer Center, AG

MAY 4, 11, 18, 25 &
JUN 1, 8, 15, 22, 29
Reservation and assessment required; please call 805.474.5334

Warm Yarns Knitting and Crocheting Support Group

Friends and caregivers at all experience levels are welcome to join. Instructions, needles and yarn are provided.

Mission Hope Cancer Center, SM

MAY 1, 8, 15, 22 & JUN 5, 12, 19;
2:00 PM
Call 805.219.HOPE (4673) to register

✿ Writing Workshops

The group will serve as an exploration of thoughts and feelings that may arise from your situation or living with cancer. This group is open to family members as well. (See page 24 for details)

Mission Hope Cancer Center, SM

MAY 3, 10, 17, 24, 31 & JUN 7, 14, 21, 28; 3:00 PM

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

Yoga for Cancer Patients and Survivors

Gentle yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. These classes features slower paced movements focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

Mission Hope Cancer Center, AG

MAY 1, 8, 15, 22 &
JUN 5, 12, 19, 26
Reservation and assessment required; please call 805.474.5334

MAY 18 & JUN 15; 4:00 PM

 **Virtual/Zoom Meeting**

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

Expand your support system...

Gynecologic Cancer Support Group

Led by Dee Dee Solano, RN, and Brianda C. Lemus, ASW

Specifically for women diagnosed with gynecologic cancers, this group is offered to those individuals newly diagnosed, currently in treatment, recovering from treatment, as well as those living with ongoing treatment management. Along with helpful information, we gather to enjoy our time together in engaging activities.

Selected Tuesdays: 4:30 p.m.

May 9 Game Night • June 13 Journaling

1325 East Church Street, Santa Maria

Group invited to attend Surfing for Hope on May 20 in Pismo Beach. Call for details.

Reservations are required: Please call Mission Hope at 805.219.HOPE (4673)

**Free
giveaway!**

**Participants
will receive
an insulated
water bottle**

Mission Hope Cancer Center, Santa Maria

Mission Hope Cancer Center, SM

1325 East Church Street, Suite 102, Santa Maria, California

805.219.HOPE (4673) • Se habla español: 805.346.3410

www.missionhopecancercenter.com

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BREAST CARE ONCOLOGY
NURSE NAVIGATOR

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NURSE MANAGER, INFUSION CENTER

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Carol Lowe, RN, OCN

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AND REGISTRY

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CANCER REHABILITATION PROGRAM

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Dee Dee Solano, RN

ONCOLOGY NURSE NAVIGATOR

805.346.3441

Dolores.Solano@commonspirit.org

Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:

Marian Cancer Care 805.219.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

Sikandra Tank, MD, MPH, Palliative Care 805.346.3456

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



Mission Hope Cancer Center, Arroyo Grande

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Arroyo Grande, California
805.474.5300 • www.missionhopecancercenter.com

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Amy.Settle@commonspirit.org

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

- FIRST FLOOR:
Arroyo Grande Lab and Imaging...805.474.5230
(Office hours: 7:00 a.m. to 5:00 p.m.)
THIRD FLOOR:
Cancer Rehabilitation Program...805.474.5334
Cancer Resource Center...805.474.5300
Medical Oncology...805.474.5310
Mission Hope Infusion Center...805.474.5325 or 805.474.5326

French Hospital
Medical Center

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

Shannon D'Acquisto
DIRECTOR, HCRC

Julie Neiggemann, RN, MSN, OCN
ONCOLOGY NURSE NAVIGATOR

Lauren Jermstad, LCSW
LICENSED CLINICAL SOCIAL WORKER

Eloisa Medina
LAY PATIENT NAVIGATOR

Infusion Center
of San Luis Obispo

715 Tank Farm Road, Suite B
San Luis Obispo, California
805.786.6144

Susan L. Diaz, RN, OCN
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805.786.6167

Dignity Health
Central Coast

Katherine M. Guthrie
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805.346.3434
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Marisa Ayers, PA-C
PALLIATIVE CARE SUPPORT
805.739.3900

Max Boveri, LMFT
BEREAVEMENT COUNSELOR
805.614.2060

James Roemmich, RN
HOSPICE AND PALLIATIVE CARE DIRECTOR
805.739.3828

Julie White, RN
HOME HEALTH DIRECTOR
805.739.3835



EXPRESS YOURSELF ON PAPER

Writing Workshops

This new group will serve as an exploration of thoughts and feelings that often arise from our situation of living with cancer. Meetings are open to patients and their family members.

You are invited to join us on a journey of self-discovery and healing. To get the juices flowing, classes start with fill in the blank exercises as writing prompts. Participants then choose one of the prompts as fuel for automatic writing. If so desired, participants may discuss their writings and the process involved with their creation. No writing experience is necessary to benefit from these workshops. Please bring a notepad; we will supply the pen.

Wednesdays • 3:00 p.m.
May 3, 10, 17, 24, 31 and June 7, 14, 21, 28

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)



Camden Toy

Camden Toy was diagnosed with pancreatic cancer in February of last year. After 11 rounds of chemo and many CT scans, he has been put on a daily oral chemo. He is currently enrolled in the MFA screenwriting program at Antioch University Santa Barbara. Camden's other talents include acting for stage and screen. He is also a psychotherapist, both an Associate Marriage and Family Therapist and an Associate Professional Clinical Counselor.

