

# Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

July/August 2023

Patients who undergo radiotherapy for their cancer quickly realize that radiation treatment is a “team sport.” Their doctor prescribes the treatment but doesn’t know how to turn on the machine! Rather, a radiation therapist operates the treatment machine, running it according to the doctor’s instructions and under his supervision. Many patients also learn that their treatment plan was created by a “medical dosimetrist” using their scans and the doctor’s prescription. However, most patients are not aware that they are also being cared for by a physicist!

## Let’s Meet The Medical Physicist

It is true that radiation therapy may only be delivered with the supervision and expertise of someone who is the vocational cousin (so to speak) of Neil DeGrasse Tyson and Stephen Hawking. The doctor can prescribe so many units of radiation to the cancer in the lung but who is qualified to measure this mysterious radiation? Who will we trust to certify that the machine is putting out the specified amount of radiation, and that the invisible radiation “beam” is actually hitting the desired target?

At Mission Hope Cancer Center, as at all radiation treatment facilities, we have physicists who make sure the machine is doing what the doctor and therapists expect it to when they dial in the treatment parameters and press the “Beam On” button. These trained experts calibrate the treatment machine using highly technical equipment. They also check each treatment plan to confirm that the calculations are accurate and will deliver the desired dose to the specified anatomy. Beyond this, they develop rigorous quality assurance programs to ensure that all technical aspects the treatment program are operating safely and effectively. Throughout a treatment course, each patient’s treatment record is audited weekly by a board-certified medical physicist to make sure the prescribed dose is being correctly delivered to the prescribed target.

Medical physicists are also heavily involved with implementing new treatment technologies; they have final say as to when these new techniques are safe to “go live” for treating patients. For example, the Mission Hope medical physicists are presently working on enabling the treatment machine to deliver focused, high-dose radiation to multiple tumor targets all at once rather than treating them one-by-one. This will allow us to treat certain patients more quickly and comfortably. Every such technical improvement requires careful implementation and meticulous measurement to

make sure that invisible, difficult-to-detect, tricky-to-measure radiation beam doesn’t go where it isn’t wanted and do damage instead.



**Case Ketting, MD**  
Radiation Oncology



**Kurt Stump, PhD,  
DABR**  
Division Physics Executive

In this case, we use a measurement phantom—sort of a fake “plastic patient”—that is designed and instrumented for the specific purpose of detecting even tiny inaccuracies in targeting and/or dose delivery. For comparison, conventional radiation therapy is delivered precisely to a single aiming point called the “isocenter.” In contrast, this new device not only verifies the accuracy of the isocenter of the treatment, but also determines the accuracy of multiple points around the isocenter, each with 3-dimensional accuracy of less than a millimeter. By being able to assess the accuracy of the treatment machine across multiple spatially separated points rather than just the isocenter, we can precisely target multiple separate lesions in a single course instead of several treatment courses.

The main application for this initiative is a highly precise radiation technique called stereotactic radiosurgery. The physicists at Mission Hope are also working to incorporate this device into the department’s daily quality assurance program, thus adding another layer of measurement and assurance that all patient treatments are completed accurately, safely and effectively.

This is just one more “behind the scenes” look at the people, technology, and precision that go into providing care to Mission Hope Cancer Center patients.

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,  
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)

# Celebrating Community Support

## Santa Maria Country Club Women’s Division Tournament



■ The **Santa Maria Country Club Women’s Division** hosted their annual golf, pickleball, and tennis tournament fundraiser in May, raising **\$12,825** in support of local cancer patients in need at Mission Hope Cancer Center. Our organization is grateful to the Santa Maria Country Club Women’s Division for their community leadership and generosity!

## Day of Hope Sponsor Donation by Agro-Jal Farms and Naturipe

■ Thank you, **Agro-Jal Farms** and **Naturipe**, for sponsoring the 10th annual Day of Hope with a **\$5,000** donation! Year after year, the Santa Maria Valley community continues to inspire and provide generous support to Mission Hope Cancer Center to help our family, friends, and neighbors who are fighting cancer.



## Grant Helps Cancer Patient Transportation Program Keep Rolling

■ The Marian Foundation extends heartfelt gratitude to **Bank of the Sierra** for their **\$5,000** grant award in support of Mission Hope Cancer Center’s patient transportation assistance program. You may have noticed our cancer center’s patient transport vehicles driving around town, making sure patients who don’t have a ride can make it to and from their cancer treatments.



## See’s Candies Donation

■ Recently, the **Santa Maria See’s Candies** location graciously donated more than **169 pounds** of sweet treats for Mission Hope Cancer Center and Marian Regional Medical Center staff. Thank you, See’s Candies, for showing your appreciation for our organization’s health care workers.



The 10th Annual  
**Day of Hope**

*Give the gift of hope*

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



**Register or join a team**

Choose to register a new team or join an existing one. You can fundraise virtually, in person on August 23, by selling newspapers or both.



**Car parade entry**

Cruising for a cause! The Day of Hope 2023 car parade will begin at 11:00 a.m. at the Santa Maria Fairpark and travel through town.



**Get your school involved**

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



**Make a general donation**

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

One of our favorite days of the year is right around the corner! Mark your calendar for the 10th annual Day of Hope—Wednesday, August 23, 2023. From 7 a.m. to 12:00 p.m., hundreds of local supporters will line the sidewalks of Santa Maria, Orcutt, and Nipomo, selling special edition Day of Hope *Santa Maria Times* newspapers in support of cancer patients in our community.

Dollars raised by your generosity supports:

- Patient outreach and assistance needs for patients struggling to make ends meet
- Acquisition of medical equipment and technology
- Programs and services

It's easy to get involved in Day of Hope. Participate through team newspaper sales, event sponsorship, car parade entries, online fundraising, donations, retail donation campaigns, and school coloring activities. To give the gift of hope, or for more information, visit [SupportMarianMedical.org/DayofHope](https://SupportMarianMedical.org/DayofHope) or call 805.739.3595.

**Meet our 2023 Day of Hope Ambassador Andrea Saucedo**



■ Our 2023 Day of Hope Ambassador is Andrea Saucedo. A local preschool teacher, wife, and mom, Andrea is a breast cancer survivor, diagnosed with invasive ductal carcinoma a year and a half ago at age 38. She completed chemotherapy treatment and radiation therapy last year and hopes to help others diagnosed with cancer by sharing her cancer journey.



**EVENT PARTNERS**





**Hello humankindness.** Words that we live and work by. We believe in the power of kindness and how one person can make a profound difference. Every year, the last week of August is “Be Kind to Humankind Week,” a global effort reminding all of us to practice kindness. Not just with others, but with ourselves. Not just this week, but year-round.

## *Tips for Celebrating* **‘Be Kind to Humankind Week’**

Each day offers an opportunity to make the lives of those around us better by taking small, thoughtful actions. Here are some helpful tips for how to celebrate this important week:

### **Encouragement Monday:**

- Support others in their dreams and goals. Applaud someone’s success and be there after failure. Send a note or a text. Tell people you believe in them. Show appreciation.

### **Touch a Heart Tuesday:**

- Visit an ill or elderly acquaintance in the hospital or at home. Be cheerful. Support someone else’s cause. Say, “I love you,” to family and friends. Give hugs. Show your gratitude.

### **Lend a Hand Wednesday:**

- Volunteer for a charity or cause in your community. Invite others. Help a neighbor, relative, or friend in an unexpected way. Shop local. Help heal the planet.

### **Thoughtfulness Thursday:**

- Be intentionally considerate. Compliment strangers. Show up for others. Give a homemade gift. Check on your friends, even your strong ones. Be there fully.

### **Forgiveness Friday:**

- Listen instead of argue. Don’t judge. Practice patience. Speak sincerely. Show compassion. Hold back negativity. A simple, “thank you,” goes a long way.

### **Self-Care Saturday:**

- Do something that makes you happy. Slow down. Enjoy nature. Prioritize sleep. Show yourself grace. Have some fun. Surround yourself with positive people. Breathe.

### **Speak Kind Words Sunday:**

- Words are powerful. You can’t take them back. Select them wisely. Think before you speak or press send. Try not to gossip today (or all week!). A kind word is never wasted.

At Arroyo Grande Community Hospital Foundation, we believe a week dedicated to kindness helps to create a happier world, one act of kindness at a time. For more information about how you can support Arroyo Grande Community Hospital and Mission Hope Arroyo Grande, please visit [supportarroyogrande.org](http://supportarroyogrande.org).

## EXTRAORDINARY SERVICE AWARDS

Every year a leader is acknowledged by Marian Regional Medical Center and given the **Sister Noella Leadership Award**. Recipients of this award exhibit leadership qualities, demonstrate commitment to the Philosophy/Core Service Values of Marian, exemplify active commitment to customer service and positive behavior, and demonstrate creative and visionary leadership. This year the honor was awarded to **Michelle Lamarche, RN, OCN**, Nurse Manager, Infusion Center at Mission Hope, Santa Maria.

# Congratulations to Michelle Lamarche, RN, OCN

Michelle has consistently exemplified leadership and a strong sense of responsibility and commitment in providing for our patients at Mission Hope Cancer Center. She advocates daily for her patients, providing support through counseling, education regarding treatment plans and being a liaison between physician and patient communication. She continually provides support to patient family members, helping to ease worries and answer questions during such a difficult time in their lives. Her ability to communicate patient needs to not only physicians but other staff members is remarkable as she always puts patient needs and safety first, above all else.

Her ability to interact with and mentor staff is noteworthy. Michelle practices with a strong leadership style that exudes the core values of Dignity Health. She is an excellent nursing resource, nursing manager, patient advocate, and truly loves the work that she does. She has a robust knowledge of oncology and hematology medicine and always practices with patient centered care in mind. With over 30 years of oncology experience, her professional knowledge base and ability to lead without bias creates an environment for younger and less experienced nursing staff to thrive.

Michelle interacts with hundreds of patients and family members a month and never seems to waiver in her ability to provide personalized support and empathy. She never seems too busy to speak with patients or family members; no issue is too big or too small. She has the ability to identify patient needs when patients are reluctant to provide information. The amount of support she provides for patients, staff and physicians is admirable. Michelle is a true pleasure to work with and we are blessed to have her working in our community.

**Marian Regional Medical Hospital has served the Central Coast for more than 80 years. That history began in 1940 when the Sisters of St. Francis founded Our Lady of Perpetual Help Hospital. Sister Noella Dieringer, O.S.F., was its first administrator. During the first year there were 1,030 patients treated and 106 babies delivered. Three short years later, over 1,000 babies were born there. The Sister Noella Leadership Award is named in honor of her extraordinary leadership and dedication.**



**Michelle Lamarche, RN, OCN**  
Nurse Manager, Infusion  
Center at Mission Hope

Michelle advocates daily for her patients, providing support through counseling, education regarding treatment plans and being a liaison between physician and patient communication.

*Offered to the public at no charge...*

# Skin Cancer Screenings

While you're out enjoying the outdoors, protect your skin with sunscreen and shield your eyes with sunglasses.



EVENT SPECIFICALLY FOR PEOPLE WITHOUT HEALTH INSURANCE

Please join us for Free Skin Cancer Screening  
with Logan Thomas, MD, Dermatologist

**Saturday, August 26, 2023**

**8:00 a.m. to 12:00 noon**

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

**Reservations are required.**

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

## Did you know?

There are three main types of skin cancer:

- Basal cell carcinoma
- Squamous cell carcinoma
- Malignant melanoma

All of these cancers need early identification and intervention/treatment to minimize the damage to surrounding healthy cells.

Skin cancer is the most common cancer in the United States. Current estimates are that one in five Americans will develop skin cancer in their lifetime. It is estimated that approximately 9,500 people in the United States are diagnosed with skin cancer every day.

- **One in five** Americans will develop skin cancer by the age of 70
- More than two people die of skin cancer in the United States **every hour**
- Having **five or more sunburns** doubles your risk of developing melanoma
- When detected early, the **five-year survival rate** for melanoma is 99 percent

## BONE HEALTH STRATEGIES

We all should be aware that as we age—after 50 years old for men and after menopause for women—our bone health is in a slow state of decline. For cancer patients this may be even more concerning because some cancer treatments can have a negative effect on our bone health. So, what can we do about it? There are a few things we can do to optimize our bone health through our nutrition and physical activity. Being mindful of our intake of a few nutrients and activity level can increase our ability to maintain our bone health.

# Optimize Your Bone Health Now

**Calcium:** For adults ages 19 to 50 and men ages 51 to 70, the Recommended Dietary Allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women age 51 and older and for men age 71 and older.

**Good sources of calcium include** dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.

**Vitamin D:** Your body needs vitamin D to absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 international units (IUs) a day. The recommendation increases to 800 IUs a day for adults age 71 and older.

**Good sources of vitamin D include** oily fish, such as salmon, trout, whitefish and tuna. Additionally, mushrooms, eggs and fortified foods, such as milk and cereals, are good sources of vitamin D. If you're unsure of your vitamin D levels, contact a registered dietitian or your physician for guidance. In rare cases taking too much vitamin D can cause toxicity which may lead to unsteady gait, abnormal heart rhythm, and hypercalcemia (too much calcium in your blood). Exposure to sunlight also contributes to the body's production of vitamin D.

**Physical Activity:** Through physical activity we can also improve our bone health by implementing weight bearing exercises into our normal routine. The American College of Sports Medicine recommends weight-bearing endurance activities, including those that involve jumping (such as tennis) and jogging, three to five times per week and resistance exercise two to three times per week to preserve bone health during adulthood. Individuals who cannot tolerate high-impact modes of exercise should consider lower impact activities or progressive weight training that involves upper and lower body muscle groups. For older adults, for whom falls are a significant contributor to fracture risk, physical activity should aim to improve muscle strength and balance.

If you have questions or would like to learn more, this subject will be considered in-depth at the First Steps in Nutrition and Exercise class on Tuesday, July 11 at 2:00 p.m. at Mission Hope. Please reserve your spot by calling John Malinowski, ACSM-CET, at 805.346.3413.



Meal preparation doesn't have to be complicated. Try this quick and easy salad solution to lunch or dinner.

## Quinoa and Black Bean Salad



This substantial salad offers a healthy balance of vegetables and protein. Beans and quinoa are rich sources of fiber, essential minerals and protein which aid in healing. Make a batch to have on hand for easy access to supportive nutrition.

### INGREDIENTS:

- 1/3 cup quinoa
- 1 cup water
- 1 tsp olive oil
- 1/4 tsp cumin
- 1/4 tsp coriander
- 1 Tbsp fresh cilantro, minced
- 2 Tbsp scallions
- 1 can black beans (15 oz), rinsed
- 1 can corn (15 oz), rinsed
- 1 cup bell pepper, diced
- 2 cups tomatoes, diced
- 1/2 cup feta cheese
- Salt and pepper to taste
- Optional:* add avocado or chicken

### INSTRUCTIONS:

1. Cook the quinoa in water, allow to cool slightly
2. In large bowl combine the oil, cumin, coriander, cilantro, scallions and salt and pepper
3. Stir in beans, tomatoes, bell peppers, corn, and feta cheese
4. Add cooled quinoa and avocado or chicken (optional). Refrigerate for 30 minutes, then serve and enjoy!

Prep Time: 20 minutes • Serves: 4-6

## 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. The beauty and versatility of TRX is that it is for everyone.

**Thursdays: July 6, 13, 20, 27 & August 3, 10, 17, 24, 31**

Mission Hope Cancer Center, Arroyo Grande

**Reservation and assessment required; please call 805.474.5334**



Summertime may bring with it activities like vacations, family gatherings or barbecues with friends. As you enjoy the business of summer, try using the following tips to make healthy choices in any situation.

# Healthy Summertime Tips With Nutrition and Physical Activity

- With the heat of summer the risk of dehydration increases. Think about pre-hydrating for the day by drinking a glass of water before eating or drinking anything else. To stay well hydrated try to take in ½ ounce of fluid for each pound of body weight. Minimize sugary drinks and alcoholic beverages as much as possible.
- Make an effort to incorporate more local fruits and vegetables into your diet. Seasonal fruits and vegetables from your local farmers markets are packed with nutrients. Make it a goal to incorporate a variety of colors of vegetables on your plate and try a vegetable you have never tried before.
- When grilling or cooking on the barbecue it is best to avoid extreme high heat and cooking to the point of creating char marks on the food. When you cook muscle at high temperatures—whether beef, pork, fish, or poultry—it mutates and creates heterocyclic amines (HCA's), which have been shown to be carcinogenic.
- Remember you don't need to indulge in *everything* at the picnic! Instead take a moment to survey the food selection, then choose the foods you want in appropriate portion sizes. Take your time eating. Enjoy the smells and notice the different flavors and textures of the foods you eat. Try chewing your food more, some people suggest chewing each bite at least 30 times before you swallow. This can help our body recognize it is satisfied with the amount of food we have eaten before we consume too much.
- Don't forget to include physical activity into your summertime activities. Incorporating 30 minutes of physical activity can be fun and doesn't have to be in a gym or at an exercise class. Try some alternative activities like throwing a frisbee with family and friends or going canoeing or kayaking. Walking along the beachfront or strolling along any of our numerous hiking trails on the central coast are great ways to enjoy the weather and get some exercise. Just make sure to use some sunscreen if you are out during peak sun exposure, typically between 10:00 a.m. and 4:00 p.m.

For more great suggestions on maximizing nutrition and physical activity during the summer months, please join us for the First Steps in Nutrition and Exercise class on Tuesday, August 15 at 2:00 p.m. in the first floor conference room of Mission Hope. We will have some cool treats for those in attendance! Reserve your spot today by calling 805.346.3413



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

To head off dehydration, be proactive! Think about pre-hydrating for the day by drinking a glass of water before eating or drinking anything else.

OPEN YOURSELF UP TO NEW POSSIBILITIES

# Explore your creativity



## Silk Hoop Painting

Led by Linda Denton

Join us as we use silk painting techniques to draw and paint on a silk covered hoop. Linda will guide you through the entire process, step by step. Join us for a morning of fun and creativity, when finished the hoop can then be hung from a window to catch the sunlight.



SANTA MARIA

**Wednesday, July 26**

**9:00 a.m. to 12:00 noon**

1325 East Church Street, Santa Maria

ARROYO GRANDE

**Tuesday, July 25**

**9:00 a.m. to 12:00 noon**

850 Fair Oaks Avenue, Third Floor

## Watercolor Painting

Led by Linda Denton



This month we will further explore the art of watercolor painting using various techniques to create a beautiful flower painting. Linda will guide you through all of the steps from drawing the flowers to using a “wet into wet” technique to add color and shading.

SANTA MARIA

**Wednesday, August 9 • 9:00 a.m. to 12:00 noon**

1325 East Church Street, Santa Maria

ARROYO GRANDE

**Tuesday, August 8 • 9:00 a.m. to 12:00 noon**

850 Fair Oaks Avenue, Third Floor

FREE

HANDS ON WORKSHOPS

OPEN TO EVERYONE

## Putting Pen to Paper

Led by Terrie Miley



Terrie Miley



## 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 ONLY

**Fridays: July 7 and August 11**

**1:30 to 3:30 p.m.**

1325 East Church Street, Santa Maria

## Journaling

Class will continue to use the book, *The Healing Power of Illness*, to 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 ONLY

**Fridays: July 21 and August 25**

**1:30 to 3:30 p.m.**

1325 East Church Street, Santa Maria

*Please bring a journal and an open mind and heart.*

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

## SUPPORT AND SOLUTIONS

Many cancer survivors experience chronic pain related to their cancer or its treatment. Researchers continue to test new ways of managing that pain, including pain medications and complementary medicine approaches like yoga and acupuncture. According to the National Cancer Institute, studies show acupuncture can relieve a wide range of symptoms associated with cancer treatments.

### Traditional Chinese Medicine with Heidi

Traditional Chinese Medicine (TCM) is composed of what is called “the five branches” that are used to maintain and restore harmony to the individual. These methods include acupuncture, herbs, massage (Asian styles), nutrition, and chi kung (exercise.)

Acupuncture is when fine needles are used to stimulate acupuncture points on the body to support one’s self healing process and to increase health. People seek acupuncture for many issues including pain, stress, anxiety, insomnia, and low energy. It is used in complementary wellness clinics in Cancer clinics throughout the country because many patients find it very helpful to mitigate the side-effects from their cancer treatment and to support immunity.

This presentation will include a description of acupuncture and the other modalities of TCM. Participants will also learn something they can use at home to enhance their health. Please bring your questions.

**Friday, July 28, 2023 • 3:30 p.m.**

**Mission Hope Cancer Center, Santa Maria**

1325 East Church Street, Conference Room

**Seating is limited and reservations are required. Please call 805.346.3413 to register**

**Friday, August 11, 2023 • 3:30 p.m.**

**Mission Hope Cancer Center, Arroyo Grande**

850 Fair Oaks Avenue, Third Floor

**Seating is limited and reservations are required. Please call 805.474.5334 to register**



**Heidi Lee, L.Ac.**  
**Dipl.O.M., MSTCM**  
Licensed Acupuncturist

■ **Heidi Lee, L.Ac.**  
**Dipl.O.M., MSTCM**

Heidi Lee has practiced acupuncture for over 20 years. For many years she treated Mission Hope patients in a community acupuncture program as part of the wellness program. She finds it a joy to witness and assist people in improving their health and well-being, especially the MHCC patients.

### Mission Hope Bonfire Gathering

Our new group **Empowering Minds Support Group** is a forum for men and women facing cancer to get together for some laughs and fun activities. This month we’re taking our group on the road to enjoy a beach bonfire! Share your experiences with those who understand as you establish a new support system.

**Tuesday, July 11, 2023**

Call for details and to reserve a spot: 805.219.HOPE (4673)

*All welcome but limited seating available. Reservations required.*

*Attendees  
will receive a  
free gift!*

# July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p>  <p><b>Office Closed</b></p>	<p><b>4</b></p> <p><b>Office Closed</b></p>	<p><b>5</b></p> <p>Circuit Training (MHW)</p> <p> Writing Workshop 3:00 pm</p> <p> Guided Meditation 5:00 pm</p>	<p><b>6</b></p> <p>Barre Exercise Class (AG)</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Stretching (AG)</p> <p>TRX Workouts (AG)</p> <p> Advanced Cancer Support Group 5:30 pm</p>	<p><b>7</b></p> <p>Fight Against Falls Class (MHW)</p> <p>Art Journaling (SM) 1:30 pm</p>
<p><b>10</b></p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Knitting Group (SM) 2:00 pm</p>	<p><b>11</b></p> <p>Lymphedema Prevention Exercise (MHW)</p> <p>Origami (SM) 10:00 am</p> <p> Cancer Patient Support Group 1:00 pm</p> <p>First Steps Class (SM) 2:00 pm</p> <p>Empowering Minds Support Group (Bonfire)</p>	<p><b>12</b></p> <p>Circuit Training (MHW)</p> <p>Learn Golf</p> <p> All Blood Cancers Support Group 1:00 pm</p> <p> Writing Workshop 3:00 pm</p>	<p><b>13</b></p> <p>Fight Against Falls Class (AG)</p> <p>TRX Workouts (AG)</p> <p>Viviendo con Cáncer (SM) 4:00 pm</p>	<p><b>14</b></p> <p>Fight Against Falls Class (MHW)</p> <p>Pelvic Floor Strengthening Class for Men (MHW)</p>
<p><b>17</b></p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Clase de Arte (SM) 10:00 am <i>En Español: Adornar Caronas de Puerta</i></p> <p>Knitting Group (SM) 2:00 pm</p>	<p><b>18</b></p> <p>Lymphedema Prevention Exercise (MHW)</p> <p> Apoyo y Educación Para Personas con Cáncer 3:00 pm</p> <p> Breast Cancer Support Group 4:00 pm</p>	<p><b>19</b></p> <p>Circuit Training (MHW)</p> <p>Art Therapy–Neurographic Art (SM) 9:00 am</p> <p> Writing Workshop 3:00 pm</p>	<p><b>20</b></p> <p>Barre Exercise Class (AG)</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Stretching (AG)</p> <p>TRX Workouts (AG)</p> <p> Gentle Yoga 4:00 pm</p> <p> Advanced Cancer Support Group 5:30 pm</p>	<p><b>21</b></p> <p>Fight Against Falls Class (MHW)</p> <p>Journaling (SM) 1:30 pm</p>
<p><b>24</b></p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p> Energy Balancing 11:00 am</p> <p>Knitting Group (SM) 2:00 pm</p>	<p><b>25</b></p> <p>Lymphedema Prevention Exercise (MHW)</p> <p>Art Therapy–Silk Hoop Painting (AG) 9:00 am</p> <p> Cancer Patient Support Group 1:00 pm</p>	<p><b>26</b></p> <p>Circuit Training (MHW)</p> <p>Learn Golf</p> <p>Art Therapy–Silk Hoop Painting (SM) 9:00 am</p> <p> Writing Workshop 3:00 pm</p>	<p><b>27</b></p> <p>Barre Exercise Class (AG)</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Stretching (AG)</p> <p>TRX Workouts (AG)</p>	<p><b>28</b></p> <p>Fight Against Falls Class (MHW)</p> <p>Pelvic Floor Strengthening Class for Men (MHW)</p> <p>Traditional Chinese Medicine (SM) 3:30 pm</p>
<p><b>31</b></p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Young Women Breast Cancer Group (SM) 5:15 pm <i>Yoga with Meghan Wells, RN</i></p>	<p><b>Key to locations of activities:</b></p> <p>Classes meet in person at one of our facilities and/or meet virtually on Zoom. Check carefully; please call with questions.</p> <p>=Zoom presentation</p> <p>AG=Mission Hope, Arroyo Grande • AHC=Allan Hancock College • GB=Grover Beach</p> <p>MHW=Marian Health &amp; Wellness, Santa Maria</p> <p>SM=Mission Hope, Santa Maria</p>			

# August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p>Lymphedema Prevention Exercise (MHW)</p> <p>Empowering Minds Support Group (SM) 3:30 pm</p> <p> Breast Cancer Support Group 4:00 pm</p>	<p><b>2</b></p> <p>Circuit Training (MHW)</p> <p> Writing Workshop 3:00 pm</p> <p> Guided Meditation 5:00 pm</p>	<p><b>3</b></p> <p>Fight Against Falls Class (AG)</p> <p>TRX Workouts (AG)</p> <p> Advanced Cancer Support Group 5:30 pm</p>	<p><b>4</b></p>
<p><b>7</b></p> <p>Knitting Group (SM) 2:00 pm</p>	<p><b>8</b></p> <p>Art Therapy–Watercolor Painting (AG) 9:00 am</p> <p>Origami (SM) 10:00 am</p> <p> Cancer Patient Support Group 1:00 pm</p> <p> Breast Cancer Support Group 4:00 pm</p>	<p><b>9</b></p> <p>Art Therapy–Watercolor Painting (SM) 9:00 am</p> <p> All Blood Cancers Support Group 1:00 pm</p> <p> Writing Workshop 3:00 pm</p>	<p><b>10</b></p> <p>Fight Against Falls Class (AG)</p> <p>TRX Workouts (AG)</p> <p>Viviendo con Cáncer (SM) 4:00 pm</p>	<p><b>11</b></p> <p>Fight Against Falls Class (MHW)</p> <p>Art Journaling (SM) 1:30 pm</p> <p>Traditional Chinese Medicine (AG) 3:30 pm</p>
<p><b>14</b></p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Knitting Group (SM) 2:00 pm</p>	<p><b>15</b></p> <p>Lymphedema Prevention Exercise (MHW)</p> <p>Art Therapy–Neurographic Art (SM) 9:00 am</p> <p>First Steps Class (SM) 2:00 pm</p> <p> Apoyo y Educación Para Personas con Cáncer 3:00 pm</p> <p><b>SPOHNC, Arroyo Grande 3:30 pm Topic: OM/Swallow Exercises Review</b></p> <p> Breast Cancer Support Group 4:00 pm</p>	<p><b>16</b></p> <p>Circuit Training (MHW)</p> <p> Writing Workshop 3:00 pm</p>	<p><b>17</b></p> <p>Barre Exercise Class (AG)</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Stretching (AG)</p> <p>TRX Workouts (AG)</p> <p> Gentle Yoga 4:00 pm</p> <p> Advanced Cancer Support Group 5:30 pm</p>	<p><b>18</b></p> <p>Fight Against Falls Class (MHW)</p> <p>Pelvic Floor Strengthening Class for Men (MHW)</p>
<p><b>21</b></p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p>Clase de Arte (SM) 10:00 am</p> <p><i>En Español: Celebración de la Independencia</i></p> <p>Knitting Group (SM) 2:00 pm</p>	<p><b>22</b></p> <p>Lymphedema Prevention Exercise (MHW)</p> <p> Cancer Patient Support Group 1:00 pm</p>	<p><b>23</b></p> <p>Circuit Training (MHW)</p> <p>Learn Golf</p> <p> Writing Workshop 3:00 pm</p>	<p><b>24</b></p> <p>Barre Exercise Class (AG)</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Stretching (AG)</p> <p>TRX Workouts (AG)</p>	<p><b>25</b></p> <p>Fight Against Falls Class (MHW)</p> <p>Pelvic Floor Strengthening Class for Men (MHW)</p> <p>Journaling (SM) 1:30 pm</p>
<p><b>28</b></p> <p>Gentle Yoga (AG)</p> <p>Lymphedema Prevention Exercise (AG)</p> <p> Energy Balancing 11:00 am</p> <p>Young Women Breast Cancer Group (SM) 5:15 pm</p> <p><i>Succulent Pottery</i></p>	<p><b>29</b></p> <p>Lymphedema Prevention Exercise (MHW)</p>	<p><b>30</b></p> <p>Circuit Training (MHW)</p> <p> Writing Workshop 3:00 pm</p>	<p><b>31</b></p> <p>Barre Exercise Class (AG)</p> <p>Fight Against Falls Class (AG)</p> <p>Gentle Stretching (AG)</p> <p>TRX Workouts (AG)</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**

13 JUL Y 10 AGO; 4:00 PM  
Reservaciones requeridas. Por favor llame a 805.219.HOPE (4673) para registrarse

**Apoyo y Educación para Personas con Cáncer**

18 JUL Y 15 AGO; 3:00 PM

 **Virtual/Zoom Meeting**

Llame a Teresa at 805.458.4526

**Aquatic Therapy Class**

**Allan Hancock College, SM**

RESUMES IN SEPTEMBER

**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**


JUL 7 & AUG 11; 1:30 PM

**Art Journaling with Terrie Miley**

JUL 11 & AUG 8; 10:00 AM

**Origami Class**

JUL 19 & AUG 15; 9:00 AM

 **Neurographic Art with Cheryl Kelly**  
(see page 20)

JUL 21 & AUG 25; 1:30 PM

**Journaling with Terrie Miley**

JUL 26; 9:00 AM

**Silk Hoop Painting with Linda Denton**

AUG 9; 9:00 AM

**Watercolor Painting with Linda Denton**

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**

JUL 25; 9:00 AM

**Silk Hoop Painting with Linda Denton**

AUG 8; 9:00 AM

**Watercolor Painting with Linda Denton**

Held onsite, class seatings are limited.  
Reservations required; please call 805.474.5302

**Spanish Language • En Español:**

 **Clases de Arte (Nuevo)**

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

**Mission Hope Cancer Center, SM**

17 JUL; 10:00 AM

**Adornar Caronas de Puerta**

21 AGO; 10:00 AM

**Celebración de la Independencia**

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**

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

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.

JUL 18 & AUG 1, 15; 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

JUL 31; 5:15 PM

#### Yoga with Meghan Wells, RN

AUG 28; 5:15 PM

#### Succulent Pottery

Reservations required; call 805.346.3405

### Cancer Patient Support Group

For newly diagnosed patients or recently out of treatment.

JUL 11, 25 & AUG 8, 22; 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.

#### 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

Join in-person at Mission Hope Cancer Center, Arroyo Grande Conference Room or via Zoom

## Support for People with Oral, Head and Neck Cancer (SPOHNC)

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.

**Tuesday, August 15, 2023 • 3:30 p.m.**

**Topic: Oral Motor and Swallow Exercises Review for Head and Neck Cancer**

**Guest Speaker: Gina Rotondo, Speech-Language Pathologist, and Colleagues**  
850 Fair Oaks Avenue, Third Floor, Arroyo Grande

**Reservations are required: Please call Mission Hope at 805.473.4373**

Free  
giveaway!

Participants  
will receive  
a personal  
sized blender

exercises done three or more times per workout. The intensity level will be modified to fit your needs.

#### Marian Health & Wellness Center, SM

JUL 5, 12, 19, 26 &

AUG 2, 16, 23, 30

Reservation and assessment required; please call 805.346.3413

### 🌟Empowering Minds Support Group

This group is a forum for men and women facing cancer to get together for some laughs and fun activities. Share your experiences with those who understand as you establish a new support system.

JUL 11; Bonfire

Call for details and to reserve a spot: 805.346.3441

AUG 1; 3:30 PM Succulent Planting, Santa Maria

#### Speaker: Melissa James, LVN Student/ Succulent Garden Specialist

Learn how to plant and care for your succulent garden.

Reservations required; call 805.346.3441

### Energy Balancing

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

JUL 24 & AUG 28; 11:00 AM



### Virtual/Zoom Meeting

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

### Fight Against Falls Exercise Class

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

#### Marian Health & Wellness Center, SM

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

Reservation and assessment required; please call 805.346.3413

#### Mission Hope Cancer Center, AG

JUL 6, 13, 20, 27 &

AUG 3, 10, 17, 24, 31

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

JUL 11; 2:00 PM

#### Maintaining Bone Health through Nutrition and Physical Activity

AUG 15; 2:00 PM

#### Summertime Fun with Nutrition and Physical Activity

Reservations required, please call 805.219.HOPE (4673)

🌟NEW CLASSES

## 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

JUL 6, 20, 27 & AUG 17, 24, 31  
Reservation and assessment required; please call 805.346.3413

## Guided Meditation

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

JUL 5 & AUG 2; 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

JUL 12, 26 & AUG 23

Please call 805.346.3413 for details

## Living with Advanced Cancer Support Group

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

JUL 5, 18 & AUG 2, 16; 6:00 PM



### Virtual/Zoom Meeting

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

■ **Please note:** Some classes have transitioned back to our buildings but with reduced capacity.

**Reserve your spot early!**

## 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

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

Reservation and assessment required; please call 805.346.3413

### Mission Hope Cancer Center, AG

JUL 10, 17, 24, 31 & AUG 14, 21, 28

Reservation and assessment required; please call 805.474.5334

## Lymphoma, Leukemia & Multiple Myeloma (LL&MM)

(All Blood Cancer Support Group)

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

JUL 12 & AUG 9; 1:00 PM



### Virtual/Zoom Meeting

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

## Pelvic Floor Strengthening for Men with Prostate Cancer

There are ways to reduce or manage the side effects of prostate cancer. This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

### Marian Health & Wellness Center, SM

JUL 14, 28 & AUG 18, 25

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)*

### Hearst Cancer Resource Center, SLO

EVERY WEDNESDAY; 5:00 PM

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

## 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.

### Mission Hope Cancer Center, AG\*

AUG 15; 3:30 PM

**Topic: OM/Swallow Exercises Review**

**Giveaway: Any participant who attends this meeting will receive a blender!**

\*Zoom option available. 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



## 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

## Tai Chi Chih

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

*(Hosted offsite)*

**Hearst Cancer Resource Center, SLO**

EVERY WEDNESDAY; 11:00 AM

Please call 805.542.6234 for details

## Traditional Chinese Medicine with Heidi

Heidi Lee received her Masters  
of Science in Traditional Chinese  
Medicine degree in 1999 from  
the Academy of Chinese Culture  
and Health Sciences in Oakland  
California. This lecture will include  
a brief description of acupuncture  
and the other modalities of TCM.  
(See page 11 for details)

**Mission Hope Cancer Center, SM**

JUL 28; 3:30PM

Reservations required; call 805.346.3413

**Mission Hope Cancer Center, AG**

AUG 11; 3:30 PM

Reservations required; call 805.474.5334

## 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**

JUL 6, 13, 20, 27 &

AUG 3, 10, 17, 24, 31

Reservation and assessment required;  
please call 805.474.5334

## Warm Yarns Knitting and Crocheting Support Group

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

**Mission Hope Cancer Center, SM**

JUL 10, 17, 24 & AUG 7, 14, 21;

2:00 PM

Call 805.219.HOPE (4673) to register

## Writing Workshops

The group will serve as an explora-  
tion of thoughts and feelings that  
may arise from your situation or  
living with cancer.

JUL 5, 12, 19, 26 & AUG 2, 9, 16,  
23, 30; 3:00 PM

 **Virtual/Zoom Meeting**

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**

JUL 10, 17, 24, 31 & AUG 14, 21, 28

Reservation and assessment required;  
please call 805.474.5334

JUL 20 & AUG 17; 4:00 PM

 **Virtual/Zoom Meeting**

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

 **Join us for our Online/Zoom workshops:**

## Look Good, Feel Better Live!

The new Look Good, Feel Better Live! interactive video chat format allows  
a licensed beauty professional to guide a group of participants through the  
sessions of their choice from the safety and comfort of their homes.

There are four exciting workshops to choose from:

- **Skin care and makeup (with a complimentary cosmetic kit)**

- **Wigs/head coverings**

- **Body image/wardrobe and styling**

This workshop offers wardrobe and styling tips to help manage concerns such as skin  
discoloration, weight gain or loss, how to work around infusion ports, mastectomy  
and reconstruction, and other physical changes  
resulting from treatment.

- **Workshop for scarf tying techniques**

A colorful scarf can add pizzazz to your outfit  
and serve as an outlet for your creativity. This  
class teaches simple techniques to help you  
make the most of the scarves in your drawer.

¡DISPONIBLE EN ESPAÑOL!

**To register for one of our online classes,  
confirm dates/times and receive your  
complimentary makeup kit, please call  
Mission Hope: 805.219.HOPE (4673)**



## 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)

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### 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
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Mission Hope Cancer Center, Arroyo Grande Phone Numbers

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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
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San Luis Obispo, California
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Like us on Facebook:  
Mission Hope Cancer Center

**EXPRESS YOURSELF ON PAPER**

# Neurographic Art

*New art class!*



**There is increasing evidence in rehabilitation medicine and the field of neuroscience that art enhances brain function by impacting brain wave patterns, emotions, and the nervous system. Join us to experience it for yourself.**

Neurographic art is a process of drawing lines that are cognizant of the artist's thoughts and should start and terminate on the paper edge. Next, a simple geometric shape should be selected and layer over the design. Then, the lines and shapes should be integrated by rounding out and adding any additional lines, shapes, or divisions of space. Finally, the colors should be repeated throughout the sections.



**Cheryl Kelly**

After Cheryl's cancer diagnosis in September of last year, she needed a way to cope with feeling anxious and downhearted and discovered neurographic art. She has found this process to be calming and meditative which has helped her work out her frustrations and concerns about cancer. A long time art enthusiast, Cheryl is eager to connect with others and share this art process with those on their journey through cancer.

**Wednesday, July 19 • 9:00 a.m.**

**Tuesday, August 15 • 9:00 a.m.**

**Mission Hope Cancer Center  
Conference Room**

1325 East Church Street, Santa Maria

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

