

# Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

September/October 2023

Up until the early 1980s, the standard treatment for early-stage breast cancer was a full removal of all the breast tissue, also called a mastectomy. Over the past 30 to 40 years, many studies have been published showing that the same (and in some cases better) outcomes can be reached using limited surgery followed by radiation therapy.

## Radiation Oncology Update

### *Newer techniques result in reduced side effects and shorter treatment options*

Although it took a few years for the standard of care to change, this has had a significant impact on the way that women who are diagnosed with breast cancer are cared for. While patients still have the option for full removal of the breast, most women with early-stage breast cancer are encouraged to strongly consider limited breast surgery.

Over the past five to ten years, we have seen a further shift in the treatments we offer after breast surgery. Data from recently published clinical trials have shown that, instead of giving radiation therapy to the entire breast, we may be able to prescribe the treatment to the area only around the surgery site in some cases. This technique is called accelerated partial breast irradiation, or APBI.

To qualify for this technique, women generally need to be older than 50, have been diagnosed with small tumors (less than 2 to 3 centimeters), have estrogen receptors on the surface of the cancer cell (ER positive breast cancer), and also have no evidence of cancer in their lymph nodes. There are some other technical factors that need to be considered as well, but if the above features are present, Mission Hope physicians do our best to offer this technique to as many patients as possible.

Specializing in this technique is important because many of the side effects we see involve the skin fold under the arm and under the breast towards the end of radiation therapy. With partial breast treatment, the skin fold and the area under the arm are usually able to be excluded from treatment. This generally means that women will have an easier time getting through treatment with fewer side effects. Partial breast irradiation also means a shorter length of treatment. The standard treatment length is between four and six and a half weeks, while partial breast treatment can be completed in one to two weeks.

While some women will still need the standard treatment to the entire breast or chest wall after surgery, we are excited to offer and specialize in this newer form of treatment for women who qualify. If you or a loved one has been affected by a recent breast cancer diagnosis, please be sure to talk with your physicians about whether limited breast radiation therapy is a possibility.



**J. Ben Wilkinson,  
MD, FACRO**

Radiation Oncology

In some cases, we are able to prescribe radiation therapy to the area only around the surgery site instead of giving the treatment to the entire breast.

**Mission Hope  
Radiation Oncology**

**805.925.2529**

## MARIAN REGIONAL MEDICAL CENTER FOUNDATION

### 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

Jonathan E. Tammela, MD,  
FACOG  
Gynecologic Oncology

Sikandra Tank, MD, MPH  
Palliative Care

Jonathan Van Wickle, MD  
Radiation Oncology

J. Ben Wilkinson, MD, FACRO  
Radiation Oncology

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

For the first time ever, Mission Hope Cancer Center has released an exclusive pinot noir wine. Only a select number of cases will be offered for this limited edition wine.

## Bring Home Some HOPE

This limited edition wine will be sold for \$500 per case (12 bottles), and all proceeds will support Mission Hope Cancer Center's Day of Hope 2023 event. To reserve a case or cases of Mission Hope Cancer Center's limited edition wine, please call the Marian Foundation at 805.739.3595.



## Limited Edition HOPE

Produced and bottled by ANCIENT PEAKS WINERY

*Please make checks payable to the Marian Foundation. For tax purposes, the fair market value of a case of Mission Hope Cancer Center's limited edition pinot noir wine is \$252; as such, the tax-deductible donation per case is \$248.*

Thank you!

Mission Hope Cancer Center's 10th annual Day of Hope event took place on Wednesday, August 23, 2023. The entire cancer center team would like to express great thanks to this year's Day of Hope sponsors. Your significant support makes a positive difference in the lives of local cancer patients at Mission Hope Cancer Center!

# The 10th Annual Day of Hope

A Benefit for Marian Cancer Care Patients at Mission Hope Cancer Center

With appreciation and gratitude, thank you!

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## PEOPLE HELPING PEOPLE

Rugged Radios in Arroyo Grande hosted its third annual live-streamed, internationally broadcasted fundraising event on August 3, 2023. During the event, Rugged Radios sold limited edition pink M1 and the newly released G1 radios with all proceeds benefiting Mission Hope Cancer Center.

# Rugged Radios Hosts Third Annual Pink Radio Campaign



During the special fundraising event, breast cancer survivors **Taryn Timothy**, Rugged Radios Sales Specialist, and **Andrea Saucedo**, Day of Hope 2023 Ambassador, shared their inspirational cancer journeys live on-air. In addition, Mission Hope Cancer Center nurses, physicians, and leaders were in attendance to express appreciation to participating donors.

Mission Hope Cancer Center and the Marian Foundation extend heartfelt gratitude to **Greg Cottrell**, Rugged Radios founder and owner, and the entire Rugged Radios team for the company's strong commitment to support local cancer patients in need.



Martha Aguirre

## Life-Saving Treatment Begins with Transportation

### *Martha Aguirre's patient transportation story*

When Lompoc community member Martha Aguirre was diagnosed with breast cancer, her treatment plan required chemotherapy and radiation therapy. Martha's husband works in Santa Ynez and taking Martha to and from her medical and treatment appointments was a tremendous burden and financial hardship on the family. Martha's daughter, Lisbet, pregnant at the time of Martha's diagnosis, was initially able to drive Martha to her weekly chemotherapy appointments. However, as Lisbet's pregnancy progressed, she was hospitalized when her mother Martha began daily radiation treatments. Fortunately for Martha and her family, Mission Hope Cancer Center's Patient Transportation Program came to the rescue and Martha was able to receive daily transportation to her radiation treatment appointments—all free of charge.

"Mission Hope Cancer Center's Patient Transportation Program really helped our family since my mom needed regular treatments and my dad needed to work," shares Lisbet. "Our family appreciates the helping hand we were given during such a difficult time." Martha is currently in remission with no evidence of disease and is the proud grandma of a little girl.



## ARROYO GRANDE COMMUNITY HOSPITAL FOUNDATION

Get ready to Rise & Rally against cancer with us this October! Last year, the Arroyo Grande Community Hospital successfully raised **\$200,000** to help pay for more advanced, lifesaving mammography and biopsy equipment to fight breast cancer in our community. This year, we are expanding our efforts to Rise & Rally against all types of cancer by fundraising for more new technology and private patient rooms through the Excellence Campaign.

*Save the  
Date for  
Rise & Rally  
2023!*

# RISE & RALLY

FOR OUR FAMILIES, FRIENDS AND NEIGHBORS

**Sunday, October 8, 2023**

**12:00 to 3:00 p.m.**

**Matthew Will Memorial Center**

**850 Fair Oaks Avenue**

**Arroyo Grande, California 93420**

### Rise & Rally 2023 Fundraising Will Help Pay For:

- **Radiology-Fluoroscopy Room:** This all-inclusive imaging suite will serve the needs of the majority of patients who come through our doors.
- **Portable Digital X-Ray:** This machine captures incredibly detailed X-rays and is more comfortable and accessible for patients.
- **MRI:** High-quality Magnetic Resonance Imaging in a dedicated space to provide better diagnosis and more patient comfort.
- **New Private Patient Rooms:** To help patients heal more quickly and comfortably.

### The Rise & Rally 2023 Kickoff Event Will Feature:

- **The Rise & Rally Color Walk:** Fundraising team leaders, team members, and community members will come together to Rise & Rally against cancer at this fun, meaningful walk! Most cancers have different colored ribbons to raise awareness, therefore teams will be encouraged to wear the ribbon color for which they're raising awareness. Team leaders will also recruit more team members by having booths at the kickoff event!
- **The Rise & Rally 2023 Beer & Wine Garden:** This year we'll be hosting a 21+ Beer & Wine Garden at the event! We will partner with local breweries and wineries to sell tickets for a certain number of pours, with proceeds supporting the Excellence Campaign.
- **Food Trucks and Live Music:** Like last year, we will have a wonderful assortment of local food trucks and live music! We're excited to create a family-friendly atmosphere for all ages.

### Ways You Can Rise & Rally with Us:

#### *Here's how you can help!*

- **Become a Fundraising Team Leader:** Put together a team of friends, family, or co-workers. Each team will have a personal fundraising webpage to share via social media, email, etc.
- **Join or Support a Fundraising Team:** Start raising money as part of a Rise & Rally team or donate to a team at [supportarroyogrande.rallybound.org/rise-and-rally-2022](http://supportarroyogrande.rallybound.org/rise-and-rally-2022).
- **Recruit Supporting Sponsors:** Do you know a business interested in sponsoring local philanthropic events? We are always looking for sponsors and will recognize them publicly as much as possible!

*Join us at  
Rise & Rally  
2023!*

EARLY DETECTION SAVES LIVES

*Mission Hope Cancer Center is pleased to offer*

# Free Clinics for Cancer Screening

These screenings are specifically offered to people without health insurance or who are underinsured

Please join Mission Hope Cancer Center for these free cancer screening events. Our goal is to prevent cancer or detect it early.

## Free Skin Cancer Screening

with Logan Thomas, MD, Dermatologist

**Saturday, September 16, 2023**

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

## Free Prostate Cancer Screening

with Samuel Kieley, MD, Urology

**Saturday, September 30, 2023**

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

## Free Breast and Cervical Cancer Screening

with Elaine Yin, MD, Obstetrics & Gynecology

**Saturday, October 14, 2023**

For woman age 40 and above who are uninsured or underinsured. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

**Mission Hope Cancer Center**

1325 East Church Street, Santa Maria

*Appointments are limited; reservations are required.*

Please call Mission Hope to reserve your spot: 805.219.HOPE (4673).

Cancer screening exams are medical tests performed when you are healthy, with no signs of illness. Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat. By the time symptoms appear, the cancer may have grown and spread which can make the cancer harder to treat or cure.

## Evaluating Your Risk of Common Cancers

### Cervical Cancer Update

The two most important things you can do to prevent cervical cancer are to get the HPV vaccine if you are eligible and be screened. Cervical cancer is most frequently diagnosed in women between the ages of 35 and 44 with the average age at diagnosis being 50. It rarely develops in women younger than 20. Many older women do not realize that the risk of developing cervical cancer is still present as they age. More than 20% of cases of cervical cancer are found in women over 65. However, these cancers rarely occur in women who have been getting regular tests to screen for cervical cancer before they were 65.

### Breast Cancer Stats

- This year 232,670 new cases of breast cancer will be diagnosed in women
- More than 2.8 million people living in the United States are breast cancer survivors
- Hispanic/Latinx women represent nearly one-third of women ages 40 and over who have never had a mammogram
- Physically active women are 25% less likely to develop cancer than those who are inactive

### Ovarian Cancer

A woman's risk of getting ovarian cancer during her lifetime is about 1 in 78. About half of the women who are diagnosed with ovarian cancer are 63 years or older and most common in White women. There is no screening for this type cancer. Can have no symptoms, but people may experience:

- Pain areas: in the abdomen or pelvis
- Gastrointestinal: bloating, change in bowel habits, indigestion, or nausea
- Abdominal: abdominal fullness, fluid in the abdomen, or lump in the abdomen
- Whole body: cancer-related fatigue or loss of appetite

### Prostate Cancer

All men are at risk for prostate cancer. Out of every 100 American men, about 13 will get prostate cancer during their lifetime. For some men, genetic factors may put them at higher risk of prostate cancer. You may have an increased risk of getting a type of prostate cancer caused by genetic changes that are inherited if...

- You have a first-degree relative (father, son, or brother) who had prostate cancer, including relatives in three generations on your mother's or father's side of the family
- You were diagnosed with prostate cancer when you were 55 years old or younger
- You were diagnosed with prostate cancer, and other members of your family have been diagnosed with breast, ovarian, or pancreatic cancer



Most new cancer patients are more frightened by the prospect of chemotherapy than by any other part of treatment. We have all seen movies or read books in which the hero was devastated by chemo. Now, however, most people go through months of chemotherapy without vomiting and some are never nauseous. Planning ahead will help you and your family cope better with treatment.

# Preparing for Chemotherapy

Even though a cancer patient is likely to feel relatively well most days, there will be some days when he/she may feel fatigued, distressed or unwell. Here are some strategies to prepare yourself or family member and your household for the months of chemotherapy ahead.

Times have changed! Gone are the days when patients were given buckets as they left the infusion area, knowing they wouldn't make it home before getting sick. Many people now go through months of chemotherapy without vomiting or feeling nauseous.

- Talk with your doctor about the specific chemo drugs being used and their side effects, which can vary enormously depending on the medication. Ask how the effects might be managed.
- Hair loss is one of the most distressing side effects for many women. If you will be losing your hair, decide in advance when you want to cut it and how you want to cover your head. Have a wig, hats or scarves at home before you are likely to need them. Contact Brianda Lemus (805.346.3402) for a free wig coupon and sign up for the Look Good, Feel Better Class.
- Consider treating yourself to a new set of soft sheets. Naps will be even nicer.
- Make sure to have a comfortable bathrobe or set of sweats to wear on the days you feel less well and need to rest.
- Another good investment, if feasible: a tablet reader or electronic notepad such as a Kindle or an iPad. These are portable, light and easy to carry to appointments. If not, your chemo nurse at Mission Hope has an iPad available to use during treatment times; just ask.
- Cook ahead and freeze portion-sized meals. Think comfort food: soups, macaroni and cheese, or other pasta dishes you enjoy.
- Do not plan to complete any projects while you are home. No one ever organized decades of photographs or cleaned out the attic during chemotherapy.
- Eliminate unnecessary tasks. You are excused from sending holiday cards and writing most thank-you notes.

- Schedule small rewards for yourself a day or two after each treatment.
- If there are annual jobs that you can do ahead of time, do them.
- Assign responsibilities to your children so that they feel helpful and included. Even little ones can set the table, bring you a glass of water or rub your back. Older children can rake leaves, do laundry or make simple meals.
- Recognize that different friends are going to be helpful in various ways. Play to their strengths.
- Accept all offers of assistance and learn how to ask for help. Say yes so friends can easily volunteer to help.

**Buy a range of beverages. It will be important to drink a lot of fluids, and you will want a choice. Ginger, mint or chamomile teas may be soothing, whereas plain water may have a metallic taste (carbonated water mixed with a little juice may go down easier).**





## MANAGING NUTRITION

Eating and maintaining a healthy body weight can be a challenge during cancer treatment. However, staying well-nourished is vital because it can help with everything from fighting fatigue to speeding up recovery time. Providing the body with adequate calories and protein every day can be just as important as taking a medication. A good goal is to eat a “mini meal” every three to four hours for a total of four to six throughout the day. See how below.

# How to Eat While You Treat

### Benefits of Proper Nutrition During Cancer Treatment:

- Increase energy and endurance
- Prevents muscle loss and wasting
- Helps maintain strength
- Reduces risk for infections
- Speeds up recovery time

### How Much Should I Eat?

- Eating every three to four hours for a total of four to six small meals.
- Keep your meals small to reduce the feeling of being overwhelmed or feeling too full, especially when your appetite is limited.
- Everyone’s nutritional needs are unique; the size and frequency of each meal can vary from person to person.

### Tips for Eating Four to Six Mini Meals:

- Set an alarm for every three to four hours to remind you to eat.
- Store a variety of grab and go foods such as nuts, fruits, single serving yogurts, cheese sticks and granola bars.
- Focus on smaller portions of nutrient dense foods and aim to include a protein source at each meal such as nuts, beans, meat or eggs.
- Freeze leftover food in single sized portions so it is easy to reheat them.
- It’s okay to drink your nutrition; try a smoothie in place of a mini meal when you’re not up for eating.
- For extra calories without added bulk drizzle olive, flax, or canola oil onto foods before eating.
- Sipping on fluids between meals can help if you find yourself filling up on beverages during meal time.

### Ideas to Maximize Your Nutrition with Mini Meals:

- 1 cup of greek or regular yogurt, 1 Tbsp. chopped nuts or natural peanut butter and ½ cup berries (or other fruit)
- 2 scrambled eggs, ½ cup spinach or other veggies; ½ whole wheat English muffin with 1 Tbsp. butter
- 1 cup bean or lentil soup and 1 slice of whole grain bread or 6 whole grain crackers
- ½ pita pocket with ¼ cup chicken, ¼ cup chickpeas, ½ cup tomatoes and cucumbers, 3-4 olives and 1 Tbsp. oil/vinaigrette
- ½ cup whole wheat pasta, 1 oz. cooked ground turkey, 1 cup vegetables (tomatoes, zucchini, peppers, carrots) cooked in 1 Tbsp. olive oil
- 4 oz. baked haddock or salmon and ½ cup brown rice and/or steamed vegetables
- 1 slice whole grain toast, 2 Tbsp. almond or peanut butter and 1 sliced banana
- ¼ avocado mashed, ¼ cup black beans, 2 Tbsp. salsa and 1 6-inch tortilla

*Join us to learn more tips for wellness during treatment!*

### **First Steps: in Nutrition and Physical Activity**

Led by John Malinowski, Cancer Exercise Trainer

**Tuesday, September 12 • 2:00 p.m.**

***Topic: Gut Health with Nutrition and Physical Activity***

**Tuesday, October 10 • 2:00 p.m.**

***Topic: Nutrition and Exercise Myths Related to Breast Cancer***

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

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

# Participate in Important Research

The **Cancer Experience Registry (CER)** survey from Cancer Support Community (CSC) uncovers the emotional, physical, practical, and financial impact of cancer to help patients and caregivers get the support they need. Through the CER survey, we reach those impacted by cancer so their voices can be part of this important research and so that together, we can:



Influence healthcare policies



Enhance cancer care



Improve support services



[CancerExperienceRegistry.org/DignityHealth](https://CancerExperienceRegistry.org/DignityHealth)

## How It Works

1

Start the survey by selecting patient or caregiver



2

Answer questions about your cancer experience



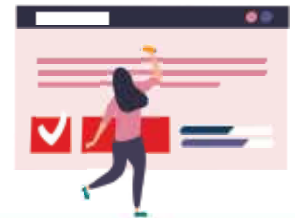
3

Start and stop when you like by using the unique link emailed to you



4

Be invited to take part in follow-up surveys or other research and programs applicable to you



The survey takes 35 minutes to complete.



Use the QR code to take the survey!

*By generously giving your time for this important research, your contributions help deliver better outcomes for those impacted by cancer, now and in the future. There is no cost to take part in this research.*

## LEARN AND GROW

Many patients and caregivers find that participating in an engaging support group helps them feel less alone during challenging times in addition to learning new strategies to cope with cancer in their lives. Please check out our newest offerings.

### Empowering Minds Support Group

This new group welcomes men and women who are survivors or currently facing cancer. This is a forum to meet others and establish a new support system with those who are facing the same experiences. Our support group provides a variety of fun activities and laughter. The next few months we will be offering hands-on arts and crafts projects; all materials provided.

**Tuesday, September 19, 2023 • 9:00 a.m.**

*Autumn Wreaths*

**Tuesday, October 17, 2023 • 9:00 a.m.**

*Pumpkin Décor*

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

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

### Viviendo Con Cáncer

Si usted o un ser querido vive con cáncer, hay lugares en nuestra comunidad a los que puede atender para obtener apoyo adicional. Acompáñanos en el grupo de apoyo general de cáncer para platicar de cómo se vive con cáncer.

**Jueves, 14 de Septiembre, 2023 • 4:00 p.m.**

*Presentación especial de Alejandra Enciso*

*Directora Ejecutiva de Community Partners in Caring*

Acompañanos en nuestro grupo de apoyo para aprender sobre los servicios brindados por la organización Community Partners in Caring. Community Partners in Caring provee servicios gratuitos como transporte, entrega de comestibles, visitas amistosas, llamadas de tranquilidad y referencias de recursos comunitarios para las personas mayores de 62 años o personas con discapacidades (enfermedades crónicas).

**Jueves, 12 de Octubre, 2023 • 4:00 p.m.**

*Noche de Chicas*

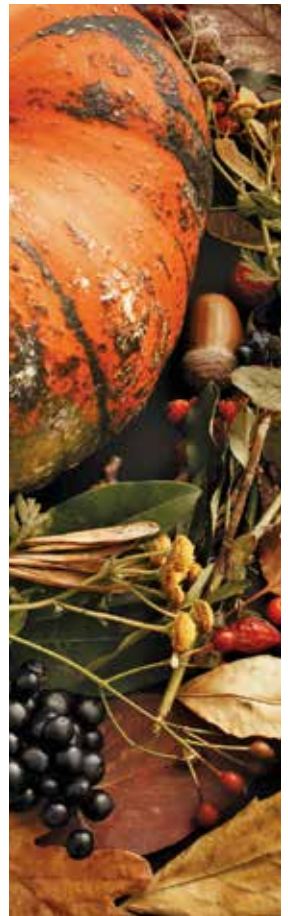
Acompañanos en nuestro grupo de apoyo para una noche de chicas en honor de el Mes Nacional de Concientización Sobre El Cáncer de Mama. Habrá información como los síntomas, riesgos, y datos sobre el Cáncer de Mama. Le invitamos a que los acompañe alguna persona que quiera aprender más información sobre El Cáncer de Mama. ¡Habrá actividad y comida!

**Mission Hope Cancer Center, Cuarto de Conferencia**

1325 East Church Street, Santa Maria

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

*¡En Español!*



Community Partners in Caring is a nonprofit organization that provides FREE services to seniors and adults with disabilities (chronic illness). Services include: non-emergency transportation, grocery shopping and delivery, prescription delivery, friendly visits, reassurance calls, and community resource referrals. All of our services are free and volunteer-based. 805.925.8000





**Jonathan Van Wickle, MD**  
Radiation Oncology

## Introducing

# Jonathan Van Wickle, MD

Dr. Van Wickle's focus as a radiation oncologist is on optimizing patient outcomes by delivering high-quality, evidence-based care taking each patient's unique needs into account.

Dr. Van Wickle is a Central Coast native, born and raised in Santa Barbara, California. He received his medical degree from the Medical College of Wisconsin and completed Radiation Oncology residency at the University of Iowa. He is grateful to return home to the Central Coast to provide outstanding care for his patients. His focus as a radiation oncologist is on optimizing patient outcomes by delivering high-quality, evidence-based care taking each patient's unique needs into account. One of his main goals is for each patient to have a clear understanding of, and confidence in their treatment plan.

Dr. Van Wickle has extensive training in image-guided radiation therapy including stereotactic radiosurgery (SRS), stereotactic body radiotherapy (SBRT) and volumetric arc radiation therapy (VMAT). He also has extensive experience with HDR brachytherapy for gynecological and genitourinary cancers. Dr. Van Wickle has published in multiple basic science and clinical journals and presented research on gastrointestinal cancers at national meetings. Outside of work, Dr. Van Wickle enjoys spending time with his wife and two rambunctious kids.

*Back by popular demand!*

## Mission Hope Bonfire Gathering

Last month we took a support group to the beach to enjoy a bonfire and it was a big hit! Now we're holding another beach bonfire event for everyone to enjoy. Whether you're in treatment, a cancer survivor, family member or caregiver, you are invited to sign up to join our next beach adventure to enjoy the camaraderie of new friends and share experiences with those who understand in beautiful surroundings.

**Thursday, October 5, 2023**

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

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



## SUPPORT AND SOLUTIONS

Radiation treatment of head and neck cancer can cause permanent lack of saliva production, unresponsive to saliva stimulants. Liquid and spoonable foods can be swallowed, but not chewable foods. This month's meeting of the group Support for People with Oral, Head and Neck Cancer will feature Barbara Leeson's experience with head and neck cancer and the technique she is using to eat normally.

# Continuous Saliva Replacement for Radiation Induced Xerostomia

From first-hand experience with severe xerostomia (dry-mouth) from cancer radiation treatment, the Leesons have developed a saliva-substitute technique for relief of the dry-mouth eating difficulty. Called Continuous Saliva Replacement (CRS), continuously sipping a saliva substitute with each mouthful imitates natural production, lubricating chewable food and allowing it to be swallowed without chewing it to fine bits. A simple xanthan-gum saliva substitute mimics natural saliva, and sipping it with each mouthful imitates saliva production. This allows eating chewable food at a normal pace, and also restores taste and makes it easy to swallow pills. The case study published on this matter will be discussed. **Attendees will receive a free sample of the product CRS!**



*Barbara is a psychologist retired from Stanford. She was treated for head and neck cancer in 2021 and was left with no saliva. On being told this was permanent, she found the saliva substitute technique that lets her eat normally again.*

## SPOHNC, Santa Maria (Support for People with Oral, Head, and Neck Cancer, Inc.) hybrid in-person and online meeting

Guest Speakers: David and Barbara Leeson



**Tuesday, October 17, 2023 • 3:30 to 4:30 p.m.**

### Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue, Third Floor of Matthew Will Building

To register to attend the meeting onsite or connect by Zoom, please call Mission Hope at 805.219.HOPE (4673)

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



### Book Giveaway!

Participants who attend the presentation will receive a copy of *Eat Well Stay Nourished* by Nance E. Leupold

## SELF DISCOVERY AND CREATIVE EXPRESSION



**Terrie Miley**  
Instructor and Artist

■ Terrie Miley began her own path toward healing in 1999 when faced with a life-threatening illness. These days, she is happy to share the tools she used on her journey back to wholeness with others facing similar challenges.

Mission Hope Cancer Center offers a variety of classes to assist in the process of healing—physically, emotionally and mentally. You are invited to join Terrie for any or all of these new classes below and experience the benefits for yourself.

### 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. Art journaling is a way to relax and to be creative, where you can creatively express your ideas, thoughts, and feelings, memories and emotions through any type of art you enjoy.

You have endless possibilities for artistic experimentation as your journal can be as unique as you are. Please join us for this new class of creative self-expression.

#### Selected Fridays:

**September 8 and October 6 • 1:30 to 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 805.219.HOPE (4673) to register**



### The Healing Power of Illness

Have you ever wondered what your illness might be trying to teach you? What it might be trying to tell you? What might you learn from listening more deeply? What lessons does it bring and might it be asking of you? And ultimately what gifts does it bring?

Come and explore with us in this new class through journaling and insightful exercises, the secrets that your body, mind and spirit are holding for you. Feel a deeper connection with yourself as you share your journey with a group of like minded people walking their own path toward healing. This will be an ongoing class as we meet to explore and to encourage one another as we dig into what this time of life is trying to teach us and how to move forward with grace and ease. Please join us for this new class of self-expression.

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

#### Selected Fridays:

**September 22 and October 20 • 1:30 to 3:30 p.m.**

**Mission Hope Cancer Center, Santa Maria**

1325 East Church Street, Conference Room

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

# Explore your creativity

FREE HANDS ON WORKSHOPS OPEN TO EVERYONE

## Watercolor Painting with Linda Denton



Join us as we celebrate fall and the wine harvest with a painting of fall leaves and grapes. We will be painting on watercolor paper using watercolor paints and salt—yes, salt! Salt put on wet watercolor makes interesting designs that will add to your painting. Don't be intimidated if you feel you lack drawing and/or painting skills. Linda has it drawn out for you and she will teach you how to add the color.

SANTA MARIA

**Wednesday, September 6 • 9:00 a.m. to 12:00 noon**

1325 East Church Street, Santa Maria

ARROYO GRANDE

**Tuesday, September 5 • 9:00 a.m. to 12:00 noon**

850 Fair Oaks Avenue, Third Floor

## Acrylic Art Painting with Linda Denton

What a fun way to decorate your home with an acrylic painting that you created. This October we will be using acrylics to paint a scarecrow on canvas. This is also a great way to surprise your Halloween guests this month—this scarecrow will liven up your room and all fall decorations. Don't know how to draw or paint? No worries; Linda will teach you step by step. Join us for a relaxing and fun time.

SANTA MARIA

**Wednesday, October 11 • 9:00 a.m. to 12:00 noon**

1325 East Church Street, Santa Maria

ARROYO GRANDE

**Tuesday, October 10 • 1:00 to 4:00 p.m.**

850 Fair Oaks Avenue, Third Floor



## Neurographic with Zen Doodling Art with Cheryl Kelly

In September, we will continue to do mixed-media pieces with neurographic lines, shapes, and added embellishments. We will explore how to combine neurographic art and zen doodling. This type of drawing can be a fantastic meditation and help you relax and unwind. Zen Doodle drawing handouts will be provided. In October we will continue working on Neurographic and mixed media drawing art. Bring the artwork you started in the last class or do a new Neurographic drawing.

SANTA MARIA ONLY

**Wednesdays:  
September 20 and  
October 18  
9:00 a.m.**

1325 East Church Street  
Santa Maria

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



# September 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 • GB=Grover Beach

MHW=Marian Health & Wellness, Santa Maria • SM=Mission Hope, Santa Maria

				<b>1</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
<b>4</b>  <b>Office Closed for Labor Day</b>	<b>5</b> Lymphedema Prevention Exercise (MHW) Art Therapy–Watercolor Painting (AG) 9:00 am  Breast Cancer Support Group 4:00 pm	<b>6</b> Circuit Training (MHW) Art Therapy–Watercolor Painting (SM) 9:00 am  Guided Meditation 5:00 pm  Advanced Cancer Support Group 6:00 pm	<b>7</b> Fight Against Falls Class (AG) TRX Workouts (AG)	<b>8</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Art Journaling (SM) 1:30 pm
<b>11</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>12</b> Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm <i>Gut Health</i>	<b>13</b> Circuit Training (MHW) Learn Golf  All Blood Cancers Support Group 1:00 pm	<b>14</b> Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm <i>En Español: Community Partners in Caring</i>  Advanced Cancer Support Group 5:30 pm	<b>15</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)
<b>18</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	<b>19</b> Lymphedema Prevention Exercise (MHW)  Apoyo y Educación Para Personas con Cáncer 3:00 pm  Breast Cancer Support Group 4:00 pm Empowering Minds Support Group (SM) 9:00 am <i>Autumn Wreaths</i>	<b>20</b> Circuit Training (MHW) Art Therapy–Neurographic Art (SM) 9:00 am <b>GIRLS NIGHT OUT, SM 5:30 pm</b>  Advanced Cancer Support Group 6:00 pm	<b>21</b> Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)  Gentle Yoga 4:00 pm	<b>22</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW) Healing Power of Illness (SM) 1:30 pm
<b>25</b> Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Arreglos Móviles para la Ventana</i>  Energy Balancing 11:00 am	<b>26</b> Lymphedema Prevention Exercise (MHW)	<b>27</b> Circuit Training (MHW) Learn Golf	<b>28</b> Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Young Women Breast Cancer Group 5:30 pm <i>Walk on Pismo Pier</i>	<b>29</b> Aquatic Therapy (AHC) Fight Against Falls Class (MHW)



# October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p>	<p><b>3</b></p> <p>Lymphedema Prevention Exercise (MHW)   Breast Cancer Support Group 4:00 pm</p>	<p><b>4</b></p> <p>Circuit Training (MHW)   Guided Meditation 5:00 pm   Advanced Cancer Support Group 6:00 pm</p>	<p><b>5</b></p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) <b>Bonfire, Grover Beach</b></p>	<p><b>6</b></p> <p>Aquatic Therapy (AHC) Art Journaling (SM) 1:30 pm Fight Against Falls Class (MHW)</p>
<p><b>9</b></p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p>	<p><b>10</b></p> <p>Lymphedema Prevention Exercise (MHW) Art Therapy–Acrylic Art (AG) 9:00 am   Cancer Patient Support Group 1:00 pm First Steps Class (SM) 2:00 pm <i>Breast Cancer Myths</i></p>	<p><b>11</b></p> <p>Circuit Training (MHW) Learn Golf Art Therapy–Acrylic Art (SM) 9:00 am   All Blood Cancers Support Group 1:00 pm</p>	<p><b>12</b></p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG) Viviendo con Cáncer (SM) 4:00 pm <i>En Español: Noche de Chicas</i></p>	<p><b>13</b></p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</p>
<p><b>16</b></p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p>	<p><b>17</b></p> <p>Lymphedema Prevention Exercise (MHW) Empowering Minds Support Group (SM) 9:00 am <i>Pumpkin Décor</i>   Apoyo y Educación Para Personas con Cáncer 3:00 pm <b>SPOHNC, AG/Zoom 3:30 pm Topic: Radiation Induced Xerostomia</b>   Breast Cancer Support Group 4:00 pm</p>	<p><b>18</b></p> <p>Circuit Training (MHW) Art Therapy–Neurographic Art (SM) 9:00 am   Advanced Cancer Support Group 6:00 pm</p>	<p><b>19</b></p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)   Gentle Yoga 4:00 pm</p>	<p><b>20</b></p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Healing Power of Illness (SM) 1:30 pm</p>
<p><b>23</b></p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Día de Ofrenda</i>   Energy Balancing 11:00 am Knitting Group (SM) 2:00 pm</p>	<p><b>24</b></p> <p>Lymphedema Prevention Exercise (MHW)   Cancer Patient Support Group 1:00 pm</p>	<p><b>25</b></p> <p>Circuit Training (MHW) Learn Golf</p>	<p><b>26</b></p> <p>Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</p>	<p><b>27</b></p> <p>Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)</p>
<p><b>30</b></p> <p>Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Young Women Breast Cancer Group (SM) 5:00 pm <i>Family Pizza Night</i></p>	<p><b>31</b></p> <p>Lymphedema Prevention Exercise (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. (Ver página 11)

**Mission Hope Cancer Center, SM**

14 SEP; 4:00 PM

**Community Partners in Caring**

12 OCT; 4:00 PM

**Noche de Chicas**

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

**Apoyo y Educación para Personas con Cáncer**

19 SEP Y 17 OCT; 3:00 PM



**Virtual/Zoom Meeting**

Llame a Eloisa al 805.786.6130

**Aquatic Therapy Class**

**Allan Hancock College, SM**

Exercising in water reduces the impact on joints by 50% and the properties of water allow you to do more than you can on land.

SEP 1, 8, 15, 23, 29 &

OCT 6, 13, 20, 27

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**

SEP 6; 9:00 AM–12:00 PM

**Watercolor Painting with Linda Denton**

SEP 8 & OCT 6; 1:30-3:30 PM

**Art Journaling with Terrie Miley**

SEP 12; 10:00 AM

**Origami Class**

*Art classes continue next column*

SEP 20 & OCT 18; 9:00 AM

**Neurographic with Zen Doodling Art with Cheryl Kelly**

SEP 22 & OCT 20; 1:30-3:30 PM

**Healing Power of Illness with Terrie Miley**

OCT 11; 9:00 AM–12:00 PM

**Acrylic Art with Linda Denton**

Held onsite, class seatings are limited.

Reservations required; please call 805.219.HOPE (4673)

**Mission Hope Cancer Center, AG**

SEP 5; 9:00 AM–12:00 PM

**Watercolor Painting with Linda Denton**

OCT 10; 1:00–4:00 PM

**Acrylic Art 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**

25 SEP; 10:00 AM–12:00 PM

**Arreglos Móviles Para La Ventana**

23 OCT; 10:00 AM–12:00 PM

**Día de Ofrenda**

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**

SEP 14 & OCT 5, 12, 19, 26

Reservation and assessment required; please call 805.474.5334

NEW CLASSES

## 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.

SEP 5, 19 & OCT 3, 17; 4:00 PM



**Virtual/Zoom Meeting**

Reservations required; please call 805.346.3402 to register

MOST TUESDAYS; 5:45 PM



**Virtual/Zoom Meeting**

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

## 🌟Breast Cancer Support Group for Young Women

Young women can and do get breast cancer and the impact of the disease can be significant. This group addresses the unique challenges young women face as we gather to learn and share in some lighthearted fun together.

**Mission Hope Cancer Center, SM**

SEP 28; 5:30 PM

**Walk on Pismo Pier**

OCT 30; 5:00 PM

**Family Pizza Night**

Reservations required; call 805.346.3405

## 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)

*Exprésate en el arte...*

## Clase de Arte en Español

En cada clase aprenderemos una nueva actividad para crecer nuestras habilidades artísticas y darnos animo. Todos los materiales son provídos.

**Lunes, 25 de Septiembre**

10:00 a.m. a 12:00 mediodía

**Arreglos Móviles Para La Ventana**



**Lunes, 23 de Octubre**

10:00 a.m. a 12:00 mediodía

**Día de Ofrenda**

1325 East Church Street, Santa Maria

Los espacios son limitados; llámenos para registrarse. Favor de llamar a Mission Hope al 805.219.HOPE (4673)



## Circuit Training

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

**Marian Health & Wellness Center, SM**

SEP 6, 13, 20, 27 &

OCT 4, 11, 18, 25

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. (See page 11)

**Mission Hope Cancer Center, SM**

SEP 19; 9:00 AM **Autumn Wreaths**

OCT 17; 9:00 AM **Pumpkin Décor**

Reservations required; call 805.346.3441

## Energy Balancing

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

SEP 25 & OCT 23; 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 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**

SEP 1, 8, 15, 22, 29 &

OCT 6, 13, 20, 27

Reservation and assessment required; please call 805.346.3413

**Mission Hope Cancer Center, AG**

SEP 7, 14, 21, 28 &

OCT 5, 12, 19, 26

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. (See page 9)

#### Mission Hope Cancer Center, SM

SEP 12; 2:00 PM

### Gut Health with Nutrition and Physical Activity

OCT 10; 2:00 PM

### Nutrition and Exercise Myths Related to Breast Cancer

Reservations required, please call 805.219.HOPE (4673)

### Gentle Stretching for Beginners

Stretching should be a part of your exercise routine whether you are a beginner or you exercise on a regular basis. In this relaxing class we perform static stretching which means we gently move our body through a range of motion that causes a slight pull on the intended muscle group we are targeting—no pain involved. With a consistent routine you should feel less stiffness and enjoy a greater range of motion without pain.

#### Mission Hope Cancer Center, AG

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

Reservation and assessment required; please call 805.346.3413

### Guided Meditation

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

SEP 6 & OCT 4; 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

SEP 13, 27 & OCT 11, 25

Please call 805.346.3413 for details

### Living with Advanced Cancer Support Group

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

SEP 6, 20 & OCT 4, 18; 6:00 PM

#### Virtual/Zoom Meeting

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

### Look Good Feel Better Live!

Free workshops to help patients mitigate the appearance-related issues of cancer treatments. Topics include skincare and makeup (cosmetic kit included) and wigs/head coverings and wardrobe tips.

#### Virtual/Zoom Meeting

For more information, please call 805.219.HOPE (4673)

#### ¡DISPONIBLE EN ESPAÑOL!

Favor de llamar para una cita a 805.346.3410

### Lymphedema Evaluation

#### Hearst Cancer Resource Center, SLO

Contact Jamie Cinotto, DPT, CWS, CLT-LANA, ONC, for an evaluation: 805.782.9300

### Lymphedema Prevention Exercise

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

#### Marian Health & Wellness Center, SM

SEP 5, 12, 19, 26 &

OCT 3, 10, 17, 24, 31

Reservation and assessment required; please call 805.346.3413

### Lymphedema Prevention Exercise, continued

#### Mission Hope Cancer Center, AG

SEP 11, 18, 25 &

OCT 2, 9, 16, 23, 30

Reservation and assessment required; please call 805.474.5334

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

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

SEP 13 & OCT 11; 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

SEP 8, 22 & OCT 13, 27

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; 3:00 PM

Call for times: 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!**



### 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)

#### Mission Hope Cancer Center, AG with Zoom option

OCT 17; 3:30 PM

#### Topic: Radiation-Induced Xerostomia

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

To register, call 805.219.HOPE (4673)

### Support for Pediatric Oncology Patients and their Families

Virtual support groups are available in English and Spanish for children, teens and parents.



#### Virtual/Zoom Meeting

Please call 805.219.HOPE (4673) or 805.786.6130 (Español) for details

### Tai Chi Chih

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

*(Hosted offsite)*

#### 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

SEP 7, 14, 21, 28 &

OCT 5, 12, 19, 26

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

SEP 11, 18 & OCT 2, 9, 16, 23;

2:00 PM

Call 805.219.HOPE (4673) to register

### 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

### 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

SEP 11, 18, 25 &

OCT 2, 9, 16, 23, 30

Reservation and assessment required; please call 805.474.5334

SEP 21 & OCT 19; 4:00 PM



#### Virtual/Zoom Meeting

Reservations required; please call HCRC at 805.542.6234 or email HCRC@[dignityhealth.org](mailto:dignityhealth.org)

*Forge friendships and find needed strength with peers*

## Breast Cancer Support Group for Young Women

This breast cancer support group addresses the unique challenges young women face by providing resources, support, education—and fun!—to address every phase of a young woman's breast cancer experience.



**Thursday, September 28  
5:30 p.m.**

*Walk on Pismo Pier*

**Monday, October 30  
5:00 p.m.**

*Family Pizza Night*

Space is limited and reservations are required. For details and/or to register, please call 805.219.HOPE (4673)



REACH OUT TO US; WE'RE HERE TO HELP

# Mission Hope Cancer Center, Santa Maria

## Mission Hope Cancer Center, SM

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

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

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

**Katie Crafton, MSW, LCSW**

ONCOLOGY SOCIAL WORKER

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**Melissa Garcia, RN, BSN**

BREAST CARE ONCOLOGY  
NURSE NAVIGATOR

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CANCER REHABILITATION PROGRAM

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ONCOLOGY NURSE NAVIGATOR

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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

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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Launi.Johnson@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

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**THIRTEENTH ANNUAL EVENT!**

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

# Girls Night Out

Learn from our expert panel as they focus on the concerns of women. Our medical team will update us on Breast and GYN Oncology. Our guest speakers will discuss life transitions and news about the Ovarian Cancer Foundation. Question and answer session included.



**Wei Bai, MD**  
Medical Oncology/  
Hematology



**Jonathan Tammela, MD, FACOG**  
Gynecologic Oncology



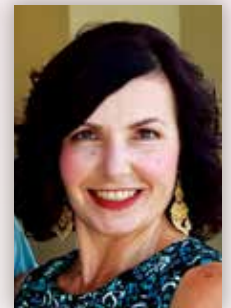
**Ben Wilkinson, MD, FACRO**  
Radiation Oncology



**Lisa Murray, MA, BCC**  
Personal Life and  
Parent Coach



**April Schirmer, ILCT**  
Life & Leadership Coach



**Cristina Martins Sinco**  
The Teal Journey  
Ovarian Cancer Foundation

## Wednesday, September 20 • 5:30 p.m.

*Appetizers and champagne served • Raffle giveaways throughout evening*

**Mission Hope Cancer Center, Conference Center**

1325 East Church Street, Santa Maria

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

**Reservation required; seating is limited**

### Book Giveaway!

Participants who attend will receive a copy of the book *When God Winks* by Squire Rushnell.

