

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

November/December 2023

The ripples of a cancer diagnosis often extend beyond the patient and reach spouses, family members, and friends. At some point these individuals may find themselves taking on the roles, responsibilities, and commitments of acting as a caregiver. While caregivers are an essential part of the cancer support team, it often occurs that caregivers report problems attending to their own health and well-being while managing these responsibilities. As you support your loved one, it is important to think about your own needs and how you can seek your own support.

Alleviating the Stress of Caregiving

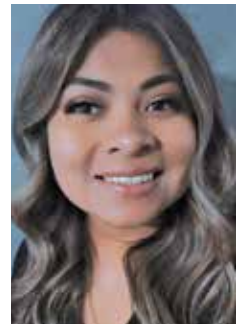
As a caregiver, you may feel guilty when choosing to address your own needs first. Many believe their own needs are insignificant when compared to those of the individual undergoing cancer treatment. While caregivers often report sleep deprivation, poor eating habits, failure to exercise, postponing their own medical appointments, and overall emotional fatigue, few take the time to address these concerns. While caregiving can be a very rewarding experience, exhaustion, worry, inadequate resources, and continuous care demands are highly stressful. These stressors put caregivers at risk of their own health issues. However, it is possible to be a caregiver and practice adequate self-care.

There are effective tools that can be utilized by caregivers to reduce stress, communicate effectively, and manage emotions. Reducing personal stress is an important tool in caregiving. This can be done by recognizing warning signs, identifying what one can and cannot change, and identifying the sources of the stress. Being able to communicate effectively is also one of a caregiver's most important tools. It is necessary to

It is possible to be a caregiver and practice adequate self-care

communicate in ways that are clear, assertive and constructive. This assures that one is heard and can get the support they need. Asking and accepting help should be a tool utilized more often. Help can come from community resources, family, friends, and professionals. Caregivers should also pay close attention to their own emotional and mental health needs. Although feelings of sadness, anger, guilt, and anxiety are common among caregivers, it should not be considered normal. Reaching out for help when needed is a sign of personal strength and can make the caregiving process less stressful. Talking with your physician and health care team can help navigate the caregiving journey. Don't be afraid to enlist the help of your health care team and ask for help when it is needed.

These are just a few tools that can help with the caregiving process. Remember that Mission Hope offers support through oncology social workers and referrals to Dignity Health Family Support Program. Please contact Brianda Lemus, MSW, LCSW, at 805.346.3402 (SM) or 805.474.5303 (AG) to learn more about caregiver support.



Brianda Lemus, MSW, LCSW

Oncology Social Worker



■ During the month of November we would like to express our heartfelt gratitude to all of our caregivers. **Between November 1st–30th**, please stop by to see the Social Worker at either the Santa Maria or Arroyo Grande office to receive your **caregiver appreciation gift** and be reminded what an integral part of our team that you are!

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

Delivering Hope:
Tenth Annual Day of Hope a Success!

The 10th annual Day of Hope event, benefiting local cancer patients at Mission Hope Cancer Center, was once again an astounding success, raising a record breaking grand total of \$373,630! On August 23, 2023, more than 700 community volunteers sold the *Santa Maria Times* Special Edition Day of Hope newspaper at more than 65 locations throughout the Santa Maria Valley and surrounding areas. In addition, the Day of Hope Car Parade was led by the 2023 event Ambassador Andrea Saucedo.

On behalf of the physicians, nurses, support staff, and patients at Mission Hope Cancer Center, we thank all event donors and volunteers for your generous support of this year's Day of Hope!



Event Ambassador Andrea Saucedo leading the Day of Hope Car Parade





Day of Hope Thank You Celebration

SEPTEMBER 20, 2023

■ IT'S OFFICIAL! The **Day of Hope 2023** event raised **\$373,630** for local cancer patients at Mission Hope Cancer Center. This total represents the support of more than **30** generous event sponsors, more than **60** dedicated community teams, and countless donors throughout the community and nation. Thanks to everyone who joined us on September 20 for the celebration!



A VISION OF HOPE AND HEALING

Mission Hope Cancer Center celebrates the unveiling on a new donor wall

Unveiling Hope



On August 22, the eve of this year's Day of Hope event, a new donor wall was unveiled for the first time. During the donor wall unveiling ceremony, event attendees heard moving remarks from Mission Hope Cancer Center leaders, cancer survivors, and generous supporters.

Built on a vision of hope and healing, Mission Hope Cancer Center offers the latest in treatments, advanced technologies, and a knowledgeable and compassionate medical team—all under one roof.

Mission Hope Cancer Center is the home of integrative and compassionate cancer care



Santa Maria Police Department Goes Pink

In celebration of October as National Breast Cancer Awareness Month, the Santa Maria Police Department debuted a pink-wrapped police cruiser. Throughout the month, the Santa Maria Police Department cruiser will be wrapped in a special pink design and can be found throughout the community as officers engage with the public and will distribute cancer education flyers in English and Spanish.

A TIME TO REMEMBER

How do I deal with loss and grief during the holidays? “Holidays are times spent with loved ones” was imprinted on our psyche from a young age. Holidays also mark the passage of time in our lives. They are part of the milestones we share with each other and represent time spent with family and close friends. But when holidays are meant for being together with those we love the most, how on earth can anyone be expected to cope with them when a loved one has died?

The Holiday Season and Grieving a Loss



For many people the holiday season is the hardest time of the year for grieving, when we miss our loved ones even more than usual. Holidays magnify loss. Sadness feels sadder and the loneliness grows deeper. The need for support may be the greatest during the holidays. Pretending you don't hurt is just not the truth for you. You can and will get through the holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. Grieving promotes healing. It is our natural way of integrating our loss and moving beyond the pain. Grief is what we feel internally and mourning is our external expression of those feelings.

There are ways to cope: have a Plan A and a Plan B. Plan A is you go to the Thanksgiving, Christmas Day or Christmas Eve dinner. If that doesn't feel right, have your Plan B ready. Plan B may be a movie you both liked or a photo album to look through or a special place you went together. Just knowing a Plan B is in place may be enough. Another way to cope is to cancel the holidays all together. If you are going through the motions and feeling nothing, cancel them. Take a year off. They will come around again. For others, staying involved with the holidays is a symbol of life continuing. Or you can try the holidays in a new way. Grief has a unique way of giving us the permission to really evaluate what parts of the holidays we enjoy and what parts we don't. Remember, there is no right or wrong way to handle the holidays in grief. You have the power of choice to decide what is right for you and do it. You have every right to change your mind, even a few times. Lastly, it is natural to feel you may never enjoy the holidays again. However, in time, most people are able to find meaning again in the traditions as a new form of the holiday spirit grows inside of them.

Remember, the holidays are clearly some of the roughest terrain we navigate after a loss. The

ways we handle them are as individual as we are. What is vitally important is that we be present for the loss in whatever form the holidays do or don't take. They are part of the journey to be felt fully. Sometimes we may catch ourselves doing okay, and we may even have moments of laughter and joy. You don't have to be a victim of the pain of the past. The holidays can be a time of remembrance, love and the honoring of your loved one. Remember, you do have the choice to alter your holiday experience to suit your current needs. Do what will best serves your soul.

Please join us for an informal discussion and sharing of stories which will focus on practical ways to minimize negative feelings and learn helpful strategies to cope with grief and loss during the holidays. Hospice Bereavement Counselors Max Boveri, LMFT, and Vanessa Cervantes Jaramillo, LMFT, along with Mission Hope Social Worker Brianda Lemus, LCSW, will guide you through this process at two events listed below. Please call 805.219.4673 to register to attend either location.

The holidays can be a time of remembrance, love and the honoring of your loved one

You are invited to join us for a free informal discussion

Navigating Grief During the Holidays

You are welcome to join us for a discussion which will focus on practical ways to minimize negative feelings and feature helpful strategies to cope with depression, especially during the holidays.

SANTA MARIA

Wednesday, November 15 • 5:00 to 7:00 p.m.

1325 East Church Street, Santa Maria

ARROYO GRANDE

Wednesday, November 8 • 5:00 to 7:00 p.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Please call 805.219.4673 to register to attend either location

ARROYO GRANDE COMMUNITY HOSPITAL FOUNDATION

This wonderful community came together on October 8, 2023, to kick-off **Rise & Rally** in support of our Excellence Campaign. Many enthusiastic people worked together with one goal in mind—strengthening our already strong hospital.

Furthering Excellence

All Rise & Rally donations go toward the Excellence Campaign, the Arroyo Grande Community Hospital Foundation's \$7.5 million, 5-year fundraising effort. Money raised will help fund lifesaving, diagnostic medical equipment, in addition to private patient rooms at our hospital.

The Excellence Campaign's goal is to provide this community with a Radiology-Fluoroscopy room to diagnose broken bones and diseases using advanced X-ray technology and to

better see internal organs and tissues in order to diagnose and monitor various conditions.

Campaign funds would also purchase a Portable Digital X-ray machine that captures detailed X-rays while being more comfortable for the patient.

The money raised would also ensure Magnetic Resonance Imaging (MRI) in a dedicated space to provide improved patient comfort and better diagnosis.

"People are having to go to other hospitals or imaging centers outside of their community, so having the opportunity to have it done right here in your community is really important," said Montisa Phelan Lopez, Vice President of Philanthropy at Arroyo Grande Community Hospital. "We have really fantastic physicians and clinical staff and so matching the expertise that we already have with that technology piece is going to make all the difference!"

Currently, the hospital has a couple of private patient rooms, used in cases when medical isolation is necessary. This would change when our campaign objectives are reached. Our goal is to eventually have only private rooms in the hospital, knowing that privacy provides reduced noise and stress and allows patients to heal faster.

"Having a space that is dedicated to your own healing experience is so important," Phelan Lopez said. "Being able to have private conversations with their physicians, being able to be treated by the nurses and staff that come in, rather than having to have that done when you're sharing a room with somebody."

The Excellence Campaign is Arroyo Grande Community Hospital Foundation's \$7.5 million, 5-year fundraising effort.



The October 8 Rise & Rally kickoff was just the start! Teams of community members are fundraising all the way until the end of the year. And we are thrilled to announce that this year the impact of your donations will be doubled!

Henry Myers, owner of the Pismo Beach Athletic Club and the Kon Tiki Inn, has generously agreed to match dollar-for-dollar, up to \$50,000, any donation made to the Excellence Campaign through December 31, 2023! Thank you to Mr. Myers for this exceptional gift!

It's just one great example of this incredibly big-hearted community. Thank you for always standing behind us and being so supportive!

“We are really doing this for our community because we all have friends and families and neighbors that are going to come to our hospital for care and we want to make it as strong as possible,” Phelan Lopez added. “We already have a fantastic hospital. We are just trying to make it even better.”

If you would like to learn more about Rise & Rally and the Excellence Campaign, go to <https://www.supportarroyogrande.org/rise--rally> or call 805.994.5421.

A big thank you to our generous community!



Explore the intuitive process...

Neurographic Art with Cheryl Kelly

The process of engaging in art enhances brain function by impacting brain wave patterns, emotions, and the nervous system. It can be a fantastic meditation and help you relax and unwind as let your imagination run wild.



Wednesday, November 15 • 9:00 a.m.

Intuitive painting

This type of painting is about expressing your voice and playing with paint and letting go of fear or expectations to allow your artwork to evolve based on your soul search, visions, and play.

**Wednesday, December 20
9:00 a.m.**

Abstract art and Wassily Kandinsky

Create your own circle-based artwork inspired by Kandinsky's style, vision and colors used in abstract art.



SANTA MARIA ONLY

1325 East Church Street, Santa Maria

Reservations are required; please call 805.219.HOPE (4673)

Wear old clothing or bring an apron

ESTABLISH A HEALTHY ROUTINE



John Malinowski,
ACSM-CET
Cancer Rehabilitation
Program

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

The New Year can bring about stress and anxiety for some people and for others it is an opportunity to press the reset button. This year try a few of these tips to help this upcoming year be the best we can make it.

Start the New Year With a *Healthy Mindset*

1 Destress: There are several ways to release stress in our lives and each person has their own preference. A few suggestions include meditation, yoga, tai-chi, walking or hiking, deep breathing, reading, journaling, painting or other crafts. Whatever activity helps you destress should be a regular part of your normal routine.

2 Sleep: Put sleep near the top of your priority list! Sleep is a very important aspect in our overall health and wellness. In a study from the National Institute of Health adults should get at least seven hours of sleep on a regular basis. Some suggestions to help obtain this habit are to avoid all screens (television, computers, phones or tablets) at least one hour prior to bedtime, establish a regular bedtime routine and stick to it, establish a regular wake up time and stick to it, and avoid physical activity within two hours of bedtime.

3 Set Goals: When setting goals use the acronym SMART: S-specific, M-measurable, A-attainable, R-realistic, T-timely. A goal of becoming more healthy this year needs a few adjustments. Instead try: this year I will become more health by walking at least 30 minutes four days per week and eating a salad for dinner at least twice a week. Whatever goal you come up with write it down and post it somewhere you will see it on a daily basis.

4 Exams: Schedule your annual doctors exam and your screening exams now. Pull out your calendar and put these important dates onto your calendar whether it's on your refrigerator or on your smart phone to remind you as the year progresses.

For more great suggestions to help kick start our New Year with a healthy mindset, please join us for the First Steps in Nutrition and Exercise class on Tuesday, December 12 at 2:00 p.m. in the first floor conference room of Mission Hope. Attendees will receive an exercise band. To reserve your spot please call John Malinowski, ACSM-CET, at 805.346.3413.



Mission Hope Cancer Rehab Program Exercise Opportunities

Santa Maria Group Classes

A thorough warm-up and cool down are performed for each class!

- **Lymphedema Prevention Exercise** Focuses on increasing active range of motion while promoting circulation of Lymph fluid. Systematically, slowly progresses participants through upper and lower extremity strengthening exercises.
- **Circuit Training** Takes participants through a circuit of resistance exercises designed to target all the major muscle groups in our body.
- **Fight Against Falls** Participants will perform a general strengthening exercise routine as well as perform specific activities to safely challenge our balance.
- **Pelvic Floor Strengthening for Prostate Cancer** This class will discuss the importance of maintaining a healthy and strong pelvic floor for those who have had prostate issues. A routine designed to strengthen the pelvic floor muscles is performed in class and encouraged to continue at home.
- **Aquatic Exercise** This class is designed to incorporate movement in an environment that both offers resistance yet takes pressure off the joints. The pressure on our joints is reduced by 50% when we are in water up to our waist and 70% when in water up to our shoulders. You do not need to know how to swim to enjoy the benefits of aquatic exercise. (Patients from both facilities are welcome to participate in this class.)

Arroyo Grande Group Classes

A thorough warm-up and cool down are performed for each class!

- **Lymphedema Prevention Exercise** Focuses on increasing active range of motion while promoting circulation of Lymph fluid. Systematically, slowly progresses participants through upper and lower extremity strengthening exercises.
- **Yoga** This class is designed to accommodate the first time participant or a veteran who is getting back into yoga.
- **Fight Against Falls** Participants will perform a general strengthening exercise routine as well as perform specific activities to safely challenge our balance.
- **Gentle Stretching** Participants will be shown a safe full body stretching routine that will leave you feeling relaxed and more flexible.
- **TRX** This is a strengthening class that uses suspension straps and your body weight to engage in a full body workout. The beauty of TRX is it is scalable which means the exercises can be modified to meet the needs of a beginner or an experienced exerciser.
- **Barre** This class combines yoga, pilates and classic ballet movements to both lengthen and strengthen your muscles. It is a fun low impact workout!
- **Learn Golf** This class is held on the beautiful landscape of Monarch Dunes. We learn the basic rules and skills of golf in a stress free environment. (Patients from both facilities are welcome to participate in this class.)

Both locations also offer opportunities to work on the exercise equipment with an ACSM Certified Cancer Exercise Trainer to further assist you in reaching your specific health and wellness goals.

Contact John Malinowski at 805.346.3413 with any questions regarding the Cancer Rehab Program



Wei Bai, MD
Medical Oncology/
Hematology

Exercise has emerged as an omnipotent force, adeptly preventing cancer while also ameliorating its many challenges

In the realm of cancer care, a powerful yet often overlooked ally has emerged—exercise. Recent research has unveiled its profound impact, showcasing how exercise not only acts as a potent preventative measure against cancer but also as a source of relief from its relentless symptoms and treatment-related challenges.

Empowering Cancer Care:

The Multifaceted Benefits of Exercise

Preventing Cancer Through Movement

Scientific investigations have underscored the significance of exercise in cancer prevention. Physical activity’s influence extends beyond conventional health benefits, encompassing hormone regulation, immune system enhancement, and weight management. These factors collectively contribute to a reduced risk of cancer development, including breast cancer.

Alleviating the Cancer Burden

The transformative effects of exercise ripple through cancer treatment as well, offering a lifeline to patients grappling with an array of symptoms and side effects.

Exercise, with its ability to release endorphins and improve physical stamina, emerges as a promising avenue for mitigating pain and alleviating cancer-related fatigue. These benefits not only enhance patients’ comfort but also empower them to better endure treatment.

Cancer brings a wave of emotional turmoil. Physical activity has been shown to be highly beneficial for improving symptoms of depression, anxiety and distress across a wide range of adult populations, including people with chronic diseases such as cancer.

The research of Koivula et al. (2023) underscores exercise’s potential to modulate immune responses in newly diagnosed breast cancer patients, further highlighting its impact on cancer care. (See graphic below)

Acute exercise response in breast cancer patients. The number of several leukocyte subpopulations increase in blood following an acute exercise. (From Koivula, T., Lempiäinen, S., Rinne, P. et al. The effect of acute exercise on circulating immune cells in newly diagnosed breast cancer patients. Sci Rep 13, 6561 (2023). <https://doi.org/10.1038/s41598-023-33432-4>)



A Guideline for Action

Incorporating exercise into cancer care is no longer a theoretical notion; it is a practical directive endorsed by leading oncology institutions. NAPBC standards underscore the importance of exercise recommendations in breast cancer survivorship, while the NCCN Survivorship Guidelines designate exercise as an established adjunctive care standard.

Prescribing Hope: A Personalized Approach

For breast cancer survivors, exercise prescription is gaining prominence as a beacon of hope. The proposed regimen of 150-300 minutes per week of moderate-intensity activity, coupled with twice-weekly resistance exercise, offers a structured path to rejuvenation and well-being.

Conclusion

In the evolving landscape of cancer care, exercise emerges as an omnipotent force, adeptly preventing cancer while also ameliorating its many challenges. Backed by scientific research and embraced by medical authorities, exercise is no longer a mere recommendation; it's a prescription for resilience, empowerment, and improved quality of life.

Exercise, with its ability to release endorphins and improve physical stamina, helps to mitigate pain and alleviate cancer-related fatigue which enables patients to better endure treatment

MISSION HOPE STAFF AND CANCER SURVIVORS WELCOME

City to the Sea Half Marathon and 5K

Get ready to run with the Mission Hope team!

Sunday, November 12, 2023

- The City to the Sea **half marathon course**
- The **Seaside 5k course** (3.1 miles)

Check the website <https://citytothesearun.com> for details.
Please call 805.219.HOPE (4673) to join the Mission Hope Team

Discount for Mission Hope staff and cancer survivors:

\$10 off entry fee

when using promo code MHCC



Left to right, top row: Wei Bai, MD • Missy Garcia, RN, BSN
Michelle Lamarche, RN, OCN

Left to right, second row: John Malinowski, ACSM-CET
Sirena Sechslingloff, PA-C • Tracy Tilley, MSN, OCN, AGNP-C



Sikandra
Tank, MD, MPH
Palliative Care

Palliative Care focuses on symptom management, coping, and general well-being

Living with serious illness affects an individual in so many ways, whether it is physically, socially, spiritually or emotionally. This burden can be heavy, challenging, and complex. Palliative Care Medicine is a specialized form of healthcare aimed to provide whole person care to individuals living with serious illness.

Palliative Care: Caring for a Patient Beyond their Disease

While traditional health care delivery focuses on a patient's diagnosis, Palliative Care aims to care for a patient beyond their disease. It focuses on symptom management, coping, general well-being, and ensuring that a patient's treatment aligns with who they are as a person. It is meant to enhance the quality of life of individuals living with cancer and other serious illnesses.

Many patients ask how Palliative Care differs from Hospice. While both aim to reduce suffering and enhance quality of life, Palliative Care can be provided as soon as a patient is diagnosed with a serious illness. While Hospice care is recommended when curative therapy is no longer beneficial or desired, Palliative Care is most commonly provided concurrently alongside traditional, curative treatment plans.

A typical Palliative Care consultation may explore symptoms related to cancer treatment such as pain, nausea, constipation or fatigue. It may additionally connect patients to ancillary services that affect a patient's general well-being such as nutrition, cancer rehabilitation or social support. It also provides a space for patients to discuss their goals, values and preferences as it relates to their medical care.

I chose to pursue additional training in Palliative Care because of its approach in understanding that every patient has a unique story—and that my patients are not defined by their disease. It is an honor to care for patients, hear their stories and together find ways to support them while they are receiving care at Mission Hope Cancer Center.

While Palliative Care is multi-faceted in its approach and coordination, the one goal is to be an additional layer of support to your medical care team. If you have been diagnosed with a serious illness and are wondering if this additional layer of support could be helpful for you, ask your oncologist to see if a Palliative Care consultation might be beneficial.

Our primary palliative care services include, but are not limited to:

- Pain and symptom management
- Emotional and spiritual support
- Coordination of care and communication between patients, families, physicians and other health care providers
- Support for loved ones and caregivers
- Information on Advance Care Planning, including benefits and burdens of life-sustaining and life extending measures
- Referrals to community resources

Mission Hope
Palliative Care
805.346.3456

You are invited to join us for a free community presentation:

It's About How You Live

Clearing the Air: Differences between Palliative Care vs. Hospice Care



Matthew Katics, DO
Director of
Palliative Care



Case H. Ketting, MD
Radiation Oncology



Sikandra Tank, MD, MPH
Palliative Care



Marisa Ayers, RN, PA-C

■ Palliative care is specialized medical care for people living with a serious illness. This type of care is focused on providing relief from symptoms and stress of the illness, focusing on the needs of the patient, not solely on the patient's prognosis.

Hospice care continues the goals of palliative care for those patients and their families in the last six months of life. The goal is to optimize the patient's ability to live life as well as possible by honoring each patient's personal goals and relieving symptoms.

Learn the benefits and purpose of each and how to access it by local experts in the field.

Guest Speakers: Matthew Katics, DO, Case H. Ketting, MD, Sikandra Tank, MD, and Marisa Ayers, RN, PA-C

Wednesday, November 8, 2023 • 5:00 p.m.

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

Seating is limited and reservations are required.

Please call Mission Hope Cancer Center at 805.219.HOPE (4673)

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

SANTA MARIA

Tuesday, December 12 • 6:00 p.m.

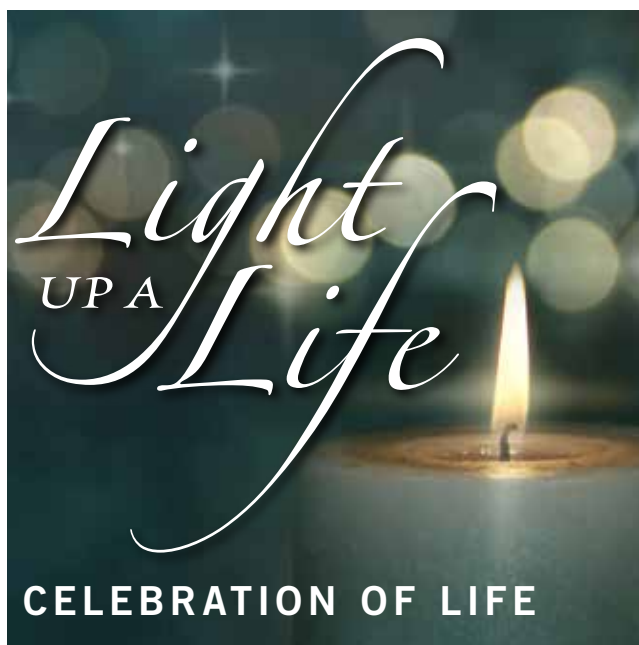
First United Methodist Church, 311 South Broadway, Santa Maria

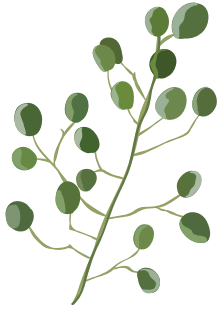
ARROYO GRANDE

Saturday, December 2 • 10:30 a.m.

St. Barnabas Episcopal Church, 301 Trinity Avenue, Arroyo Grande

To watch the ceremony online, go to www.dignityhealth.org/central-coast/light-up-a-life or scan the QR code below. For event information, contact Christine Meugniot at **805.614.2032**





Se requieren
reservaciones para
todas las clases en
esta página. Por favor
llame a 805.219.HOPE
(4673) para registrarse

Muchos pacientes y cuidadores descubren que participar en un grupo de apoyo atractivo les ayuda a sentirse menos solos durante tiempos difíciles, además de aprender nuevas estrategias para afrontar el cáncer en sus vidas.

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, 9 de Noviembre • 4:00 p.m.

Navegando el Duelo Durante las Fiestas

Únase a nosotros para una discusión informal que se centrará en formas prácticas de minimizar los sentimientos negativos y estrategias útiles para afrontar la depresión durante los días festivos.

Jueves, 14 de Diciembre • 4:00 p.m.

Contemos Nuestra Historia: Libro y Libreta Proveído

Únase a nosotros para una clase de autodescubrimiento y curación. La clase se enfocará en reflexionar sobre por qué sus historias son importantes para usted y el bien común.

Mission Hope Cancer Center, Cuarto de Conferencia

1325 East Church Street, Santa Maria

Clases de Arte

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

Lunes, 20 de Noviembre • 10:00 a.m. a 12:00 mediodía

Centro de Mesa

Únase a nosotros para querer un centro de meso para mostrar durante los días festivos.

Lunes, 18 de Diciembre • 10:00 a.m. a 12:00 mediodía

Celebración de Días Festivos

Únase a nosotros para una manualidad del final del año y celebración.

Mission Hope Cancer Center, Cuarto de Conferencia

1325 East Church Street, Santa Maria

Christmas Gift Drive Through for Children with Cancer

Please connect with Brianda to learn more about this gift drive through for children with cancer in December.

In partnership with the Teddy Bear Foundation

Please call Brianda for details at 805.346.3402



Helpful Holiday Hints with Nutrition and Physical Activity

Let's discuss some things we can do to help this holiday season be fun and festive while also being healthy.

1 Plan ahead: If possible, eat at your normal time of day to help maintain steady blood sugar levels. If you don't have control of the meal time have a small snack at your normal meal time and have a smaller meal at the holiday gathering. If you are a guest offer to bring a dish to share and make a healthy dish. This will provide you with at least one healthy option.

2 Choose wisely: Portion sizes are a choice you have control over. Enjoy the different foods; just do it in moderation. If you want to enjoy a sweet treat, try choosing one that isn't as high in sugar or total calories. Did you know pumpkin pie typically has about half the sugar and calories than pecan pie?

3 Take your time: Before going to pile up your plate from the buffet take a moment to survey the spread. This can help you plan what to eat and make healthy choices instead of impulsively taking an item you could do without. Take your time eating by savoring the flavors of each bite. Slowing down the speed of eating can help avoid over eating.

Cranberry Flax Pumpkin Bread

INGREDIENTS:

Canola oil spray	2 large eggs
1/2 cup whole-wheat pastry flour	1 cup canned pumpkin
1/2 cup unbleached all-purpose flour	1/4 cup canola oil
1/2 cup ground flaxseed	1/2 cup unsweetened applesauce
2/3 cup packed light brown sugar	1/4 cup 100% apple juice
1 tsp. baking soda	1/2 tsp. ground cinnamon
1/2 tsp salt	1/2 tsp. ground ginger
	1/4 tsp. ground nutmeg
	1 cup dried cranberries

INSTRUCTIONS:

- Preheat oven to 350 degrees F. Lightly coat 8x4-inch loaf pan with canola oil spray and set aside.
- In large bowl, combine whole-wheat pastry flour, all-purpose flour, flaxseed, sugar, baking soda and salt and set aside. In a medium bowl, lightly beat eggs. Whisk in pumpkin, canola oil, applesauce, apple juice, cinnamon, ginger and nutmeg. Stir in dried cranberries. Add wet ingredients to dry ingredients, mixing until all dry ingredients are incorporated into batter. Do not beat or overmix. Pour batter into prepared pan.
- Bake for 50-60 minutes, until wooden toothpick inserted into center comes out clean. Cool in pan on wire rack for 10 minutes. Remove bread from pan and continue cooling on rack.

4 Move: Don't forget about physical activity! Make a point to do some physical activity during the holidays. Some people like to do it first thing before the festivities start while others like to incorporate others into the activity. Going for a walk with friends and family after the meal is a great way to help control blood sugar levels and is a great way to spend quality time with those around you. Doing small bouts of physical activity throughout the day is a great way to sneak in exercise. Three separate 10 minute walks during the day helps you meet the Physical Activity Guidelines for Americans.

5 Focus: Focus on the purpose of the gathering more than the food. When we celebrate the meaning of why we are gathering and connect with the people around us we are less focused on the food.

If you would like to discuss these and other tips to stay healthy around the holiday season, please join us at the First Steps in Nutrition and Physical Activity class on Tuesday, November 14 at 2:00 p.m. in the first floor conference room. Call John Malinowski, ACSM-CET, to reserve your spot today at 805.346.3413.

Two of the season's most-loved foods come together in this delicious homemade bread. Pumpkin's potent beta-carotene and cranberries' anthocyanin phytochemicals are blended together with flaxseed's protective omega-3 fats. Flax is also being studied for its role in protecting against cancer.



November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Circuit Training (MHW)  Guided Meditation 5:00 pm  Advanced Cancer Support Group 6:00 pm	2 Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	3 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Art Journaling (SM) 1:30 pm
6 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	7 Lymphedema Prevention Exercise (MHW) Art Therapy–Acrylic Art Apron (AG) 9:00 am  Breast Cancer Support Group 4:00 pm	8 Circuit Training (MHW) Learn Golf Art Therapy–Acrylic Art Apron (SM) 9:00 am PANEL DISCUSSION: Palliative Care vs. Hospice Care (SM) 5:00 pm PANEL DISCUSSION: Navigating Grief During the Holidays (AG) 5:00 pm	9 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: Navegando el Duelo Durante las Fiestas</i>	10 Fight Against Falls Class (MHW) Pelvic Floor Strengthening Class for Men (MHW)
13 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm	14 Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm <i>Helpful Holiday Hints</i>	15 Circuit Training (MHW) Art Therapy–Neurographic Art (SM) 9:00 am  Advanced Cancer Support Group 6:00 pm PANEL DISCUSSION:: Navigating Grief During the Holidays (SM) 5:00 pm	16 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	17 Aquatic Therapy (AHC) Fight Against Falls Class (MHW) Healing Power of Illness (SM) 1:30 pm
20 Clase de Arte (SM) 10:00 am <i>En Español: Centro de Mesa</i> Knitting Group (SM) 2:00 pm Young Women Breast Cancer Group 5:15 pm <i>Friendsgiving</i>	21 Empowering Minds Support Group (SM) 9:00 am <i>Brunchgiving</i>	22  Cancer Patient Support Group 1:00 pm	 <p>HAPPY <i>Thanksgiving</i></p>	
			Office Closed	Office Closed
27 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG)  Energy Balancing 11:00 am	28 Lymphedema Prevention Exercise (MHW)	29 Circuit Training (MHW)	30 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)	

December 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

<p>4 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p>	<p>5 Lymphedema Prevention Exercise (MHW) Art Therapy–Watercolor Christmas Cards (AG) 9:00 am  Breast Cancer Support Group 4:00 pm</p>	<p>6 Circuit Training (MHW) Art Therapy–Watercolor Christmas Cards (SM) 9:00 am  Guided Meditation 5:00 pm</p>	<p>7 Barre Exercise Class (AG) Fight Against Falls Class (AG) Gentle Stretching (AG) TRX Workouts (AG)</p>	<p>1 Fight Against Falls Class (MHW) Art Journaling (SM) 1:30 pm</p>
<p>11 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Knitting Group (SM) 2:00 pm</p>	<p>12 Lymphedema Prevention Exercise (MHW) Origami (SM) 10:00 am First Steps Class (SM) 2:00 pm <i>Developing Simple Strategies to Start the New Year with a Healthy Mindset</i> Light Up a Life Event 311 S. Broadway, SM 6:00 pm</p>	<p>13 Circuit Training (MHW)  All Blood Cancers Support Group 1:00 pm  Advanced Cancer Support Group 6:00 pm</p>	<p>14 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: Contemos Nuestra Historia Libro y Libreta Proveído</i></p>	<p>15 Fight Against Falls Class (MHW) Healing Power of Illness (SM) 1:30 pm</p>
<p>18 Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Clase de Arte (SM) 10:00 am <i>En Español: Celebración de Días Festivos</i> Knitting Group (SM) 2:00 pm Young Women Breast Cancer Group (SM) 5:15 pm <i>End of Year Celebration</i></p>	<p>19 Empowering Minds Support Group (SM) 9:00 am <i>Ornament Painting</i> SPOHNC, AG/Zoom 3:30 pm <i>Topic: Challenges around the Holidays and Caregiver Support</i>  Breast Cancer Support Group 4:00 pm</p>	<p>20 Art Therapy–Neurographic Art (SM) 9:00 am</p>	<p>21</p>	<p>22</p> <div data-bbox="1291 1354 1550 1533" data-label="Image"> </div> <p>Office Closed</p>
<p>25 <i>Merry Christmas!</i>  Office Closed</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</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. Esta oportunidad puede ayudarle a sentirse menos solo(a).

Mission Hope Cancer Center, SM

9 NOV; 4:00 PM

Navegando el Duelo Durante las Fiestas

14 DIC; 4:00 PM

Contemos Nuestra Historia Libro y Libreta Proveído

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

Apoyo y Educación para Personas con Cáncer



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.

NOV 3, 17

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

NOV 3 & DEC 1; 1:30-3:30 PM

Art Journaling with Terrie Miley

NOV 8; 9:00 AM–12:00 PM

Acrylic Art Apron with Linda Denton

NOV 14 & DEC 12; 10:00 AM

Origami Class with Jane Abela

Art classes continue next column

NOV 15 & DEC 20; 9:00 AM

Neurographic Art with Cheryl Kelly

NOV 17 & DEC 15; 1:30-3:30 PM

Healing Power of Illness with Terrie Miley

DEC 6; 9:00 AM–12:00 PM

Watercolor Christmas Cards with Linda Denton

Held onsite, class seatings are limited.

Reservations required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

NOV 7; 9:00 AM–12:00 PM

Acrylic Art Apron with Linda Denton

DEC 5; 9:00 AM–12:00 PM

Watercolor Christmas Cards 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

20 NOV; 10:00 AM–12:00 PM

Centro de Mesa

18 DIC; 10:00 AM–12:00 PM

Celebración de Días Festivos

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

Barre Exercise Class

Barre is a low impact fitness practice that is suitable for all ages. Combining classic ballet dance movement with yoga and Pilates, it increases strength and flexibility through a series of stretching and micro movements.

Mission Hope Cancer Center, AG

NOV 9, 16, 30 & DEC 7, 14

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.

NOV 7 & DEC 5, 19; 4:00 PM



Virtual/Zoom Meeting

Reservations required; please call 805.346.3402 to register

SECOND TUESDAY; 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

NOV 20; 5:15 PM **Friendsgiving**

DEC 18; 5:15 PM

End of Year Celebration

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)

The poster features a wooden plank background with string lights at the top. The text is written in a mix of cursive and bold sans-serif fonts. A large, realistic image of a red crab is centered. To the right of the crab, there is a white box containing contact information. At the bottom, the date is prominently displayed.

Cruzin for Life
Back by popular demand
Annual Valentine Crab Feast

Reserve now!
cruzinforlife@mail.com
cancersurvivor@cruzinforlife.net

Check Facebook for more information

Saturday, February 10, 2024

Circuit Training

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

Marian Health & Wellness Center, SM

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

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.

Mission Hope Cancer Center, SM

NOV 21; 9:00 AM **Brunchgiving**

DEC 19; 9:00 AM **Ornament Painting**

Reservations required; call 805.346.3441

Energy Balancing

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

NOV 27; 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

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

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

NOV 2, 9, 16, 30 & DEC 7, 14

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

NOV 14; 2:00 PM

Topic: Helpful Holiday Hints

DEC 12; 2:00 PM

Developing Simple Strategies to Start the New Year with a Healthy Mindset

Giveaway at each event: Exercise Band

Reservations required, please call 805.219.HOPE (4673)

Gentle Stretching for Beginners

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 stretching routine you should feel less stiffness and enjoy a greater range of motion without pain.

Mission Hope Cancer Center, AG

NOV 2, 9, 16, 30 & DEC 7, 14

Reservation and assessment required; please call 805.346.3413

Grieving Around the Holidays

These free informal discussions focus on practical ways to minimize negative feelings and feature helpful strategies to cope with depression, especially during the holidays.

Mission Hope Cancer Center, SM

NOV 15; 5:00–7:00 PM

Reservations required, please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

NOV 8; 5:00–7:00 PM

Reservations required, please call 805.474.5303

Guided Meditation

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

NOV 1 & DEC 6; 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

NOV 8

Please call 805.346.3413 for details

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

Designed for breast cancer survivors and those with chronic conditions, these therapeutic exercises can play a role in helping to avoid the onset of lymphedema.

Marian Health & Wellness Center, SM

NOV 7, 14, 28 & DEC 5, 12

Reservation and assessment required; please call 805.346.3413

Mission Hope Cancer Center, AG

NOV 6, 13, 27 & DEC 4, 11, 18

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.

DEC 13; 1:00 PM

 **Virtual/Zoom Meeting**

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

Pelvic Floor Strengthening for Men with Prostate Cancer

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

Marian Health & Wellness Center, SM

NOV 10 & DEC 8

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

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

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 with Zoom option

DEC 19; 3:30 PM

**Topic: Challenges around the Holidays
and Caregiver Support**

Guest Speaker: Brianda Lemus, LCSW

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

Thriving with Advanced Cancer Support Group

Support for the special needs and concerns of patients with advanced and metastatic cancer.

NOV 15 & DEC 13; 6:00 PM



Virtual/Zoom Meeting

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



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

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

NOV 2, 9, 16, 30 & DEC 7, 14

Reservation and assessment required; please call 805.474.5334

Warm Yarns Knitting and Crocheting Support Group

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

Mission Hope Cancer Center, SM

NOV 6, 13, 20 & DEC 4, 11, 18;
2:00 PM

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

NOV 6, 13, 27 & DEC 4, 11, 18

Reservation and assessment required; please call 805.474.5334

Hearst Cancer Resource Center, SLO

NOV 16 & DEC 21; 4:00 PM

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

Monday, November 20 • 5:15 p.m.
Friendsgiving

Monday, December 18 • 5:15 p.m.
End of Year Celebration

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

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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
CANCER CENTER TRANSPORT COORDINATOR
805.441.6259
Launi.Johnson@commonspirit.org

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

- FIRST FLOOR:
Arroyo Grande Lab and Imaging...805.473.7677
(Imaging Scheduling ONLY: 8:00 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
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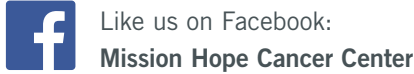
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805.614.2085

Tina McEvoy, RN
HOSPICE AND PALLIATIVE CARE DIRECTOR
805.332.8595



EXPRESS YOURSELF IN ART

Learn with Linda Denton

**FREE
HANDS ON WORKSHOPS
OPEN TO EVERYONE**



Just in time for the holidays! Join us to create a whimsical apron and/or some beautiful cards to celebrate the season—all supplies provided.

Acrylic Art Apron

It's time to get out the decorations and prepare for your guests; this apron will be a little treat for you to share. Using fabric paint we will paint the cute and colorful turkey on an apron and, after the paint has dried we will iron-on the 'Thankful' message. Join us for a

relaxing time painting and sharing holiday memories.

SANTA MARIA

Wednesday, November 8

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

1325 East Church Street, Santa Maria

ARROYO GRANDE

Tuesday, November 7

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

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Watercolor Christmas Cards

Create your own hand-made watercolor Christmas Cards. Linda will have examples for you to choose from and templates for you to copy. Bring your coffee, tea, or water bottle and enjoy a relaxing time painting and visiting with your new friends.

SANTA MARIA

Wednesday, December 6

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

1325 East Church Street
Santa Maria

ARROYO GRANDE

Tuesday, December 5

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

850 Fair Oaks Avenue
Third Floor, Arroyo Grande



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

