

Cancer Care

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

January | February | March 2025

COMPREHENSIVE PATIENT-CENTERED CARE

Say Hello to Julie Barone, DO, FACS

In April, 2024, Mission Hope Cancer Center welcomed Julie Barone, DO, FACS to the team. Dr. Barone is a fellowship-trained breast oncoplastic surgeon with a specialized surgical practice that includes comprehensive breast care. Additionally, she serves as the Medical Director of the Comprehensive Breast Care Program and leads Mission Hope's multidisciplinary team of specialists.

As a physician with nearly 25 years of experience, Dr. Barone specializes in comprehensive breast procedures for both benign and malignant breast diseases. She is passionate about breast care and believes in a team approach for all her patients. As she puts it, "Through a team approach and commitment to excellence I strive to provide the highest quality of care to my patients ensuring their well-being and peace of mind." Her clinical interests include oncoplastic procedures, minimally invasive breast procedures, nipple sparing mastectomy, high-risk management for patients with increased risk for breast cancer, and genetic testing and counseling.

Board Certified by the American Board of Surgery, Dr. Barone has previously practiced in Vail, Colorado, and San Diego, California. She is a Fellow of the American College of Surgeons, a member of the Society of Surgical Oncology and American Society of Breast Surgeons. She served on the American College of Surgeons Commission on Cancer as the State Chair for California. She completed medical school at Nova Southeastern University in Fort Lauderdale, Florida, and her General Surgery Residency at Loyola University Medical Center, Illinois. Later training included a Surgical Oncology Breast Fellowship at Columbia University, St. Luke's Roosevelt/Beth Israel Medical Centers, New York, New York.



Julie Barone, DO, FACS

Breast Surgical Oncologist
Medical Director,
Comprehensive Breast Care
Program

Dr. Barone leads Mission Hope Cancer Center's multidisciplinary team of specialists providing comprehensive patient-centered care.

**Mission Hope
Surgical Oncology
805.346.3456**

The newsletter is back!

Welcome to the 2025 newsletter: a place where you can find up to date resources, classes, events, research and more. Please note we are switching to a quarterly format so each newsletter will contain three months of classes and programs. For the latest information, please consult the website: www.missionhopecancercenter.com. **If you would like to receive upcoming newsletters via email, scan the QR code here to sign up.**



**Mission Hope
Cancer Center Leadership**

Keith A. Ayrons, MD
Medical Oncology/Hematology

Wei Bai, MD
Medical Oncology/Hematology

Julie Barone, DO, FACS
Breast Surgical Oncology

Dylan R. Conroy, MD
Radiation Oncology

Joel Dean, MD
Colorectal Surgery

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

Jonathan Van Wickle, MD
Radiation Oncology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

Thank you...

for Supporting the Cancer Care Fund



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

Navigating a cancer diagnosis and everything that comes with it is an incredibly challenging experience. That's why Mission Hope Cancer Center–Arroyo Grande has people like Oncology Nurse Navigator Lindsey Hughes.

“Usually, I meet people on the worst day of their life,” Lindsey said. “My job is to take that really hard diagnosis and create a plan where they feel supported, are educated about what’s available to them, and are better able to make decisions for themselves.”

However, without donors like you, Lindsey’s position wouldn’t exist. Nurse navigators are a completely free resource available to the community, which is made possible by the Cancer Care Fund.

In 2023, we received \$55,141 in donations to the Cancer Care Fund. One hundred percent of that money stays local and helps support Lindsey and other team members, including an oncology social worker, a dietician, a rehabilitation trainer, and a transportation coordinator. In addition to staff, the fund also supports other critical resources for thousands of patients and their families, including support groups, counseling sessions, screenings, transportation, gas cards, and more.

“The Cancer Care Fund truly is essential for having continuity of care and making sure we take care of everyone’s needs, physically and psychologically,” Lindsey said. “We support the cancer patient and their whole family. Often people don’t know how to plug into these kinds of resources because they don’t know they’re available.”

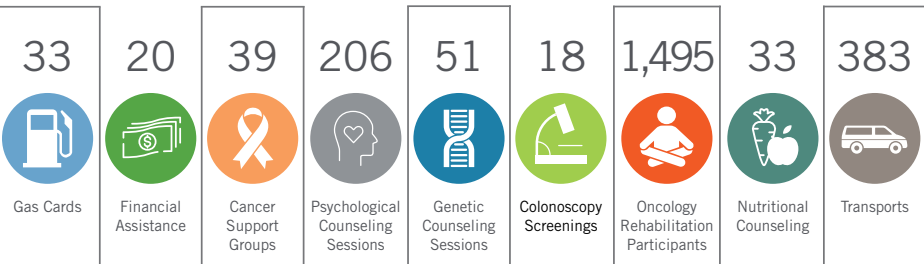
On behalf of everyone at Mission Hope Cancer Center and the Arroyo Grande Community Hospital Foundation, thank you for your ongoing support. The money

you raised for the Cancer Care Fund directly impacts the lives of people in our community.

“We have such a generous community. We’re very lucky to live here,” Lindsey said. “With the fund, we’re able to have the additional resources needed to help people not only get through their treatment but thrive through their treatment.”

For more information about Arroyo Grande Community Hospital Foundation or the Cancer Care Fund, please visit supportarroyogrande.org/cancer-care-fund or call us at 805.994.5421.

In 2023, **\$55,141** was used to serve a total of **2,278** patients as follows with donations to the **Cancer Care Fund**



For more information, visit SupportArroyoGrande.org

Thank You to Recent Community Fundraisers for Supporting Local Patients at Mission Hope Cancer Center



◀ Rotary Santa Maria Breakfast Pedal Tractor Auction: \$4,400

During Breast Cancer Awareness Month, **Toyota Santa Maria** partnered with **Cal Coast Machinery** and **AC Designs** to create a customized “Pinktober” John Deere 8R pedal tractor.

The tractor was displayed at the Toyota dealership during their Pinktober Pumpkin Patch event and was later raffled off during the Rotary Santa Maria Breakfast in a progressive-style auction. **Terri Strickland**, from the Hitching Post in Casmalia, was the final winner of the tractor, with the Rotary group collectively raising **\$4,400** for the Mission Hope Cancer Center in the process!

We are tremendously grateful for all the effort, creativity, and generosity that went into this gift—it truly put the “FUN” in fundraiser!



Shannon Seifert enjoyed a ride on the youth Pinktober tractor at the Breakfast Rotary Club of Santa Maria meeting when the tractor was auctioned off.



▲ Community Bank of Santa Maria: \$6,500

The staff at Community Bank of Santa Maria held bake sales to raise funds for Mission Hope Cancer Center in memory of their late colleague, Judy Zavala. The freshly baked treats were handmade by bank staff, with sales taking place in the lobby of each location. Bank patrons and friends came together to support the fundraiser, donating a grand total of **\$6,500!**



▲ St. Mary of the Assumption School: \$1,300

Throughout the month of October, students at St. Mary's of the Assumption School held various fundraising activities to support Mission Hope. Between 1st and 2nd grade bake sales, \$5 dress down days, and a visit from the Santa Maria Police Dept. Breast Cancer Cruiser, the students and their families raised **\$1,300!**



▲ Orcutt Youth Softball: \$1,100

The Orcutt Area Youth Softball League hit a grand slam during their “Pink the Park” tournament for Mission Hope. The players wore pink gear during their games, each team helped decorate the fence, and families donated homemade desserts for a bake sale. They swung for the fences, raising **\$1,100** for local patients!

Save the Date for Day of Hope 2025 on Wednesday, August 27, 2025



Joel Dean, MD
Colorectal Surgeon

“I consider every patient a privilege to care for and always try to offer the what I would want for my family and for myself.”

—Joel Dean, MD

Please call
805.346.3456
to schedule an
appointment

Colorectal cancer is highly preventable and treatable when caught early. Since colorectal cancer may not present symptoms until it is in more advanced stages, people of all ages should report changes in their bowel habits, such as bleeding or persistent bowel changes like diarrhea or constipation, to their primary care physician. Other symptoms to report include unintentional weight loss and pain when having a bowel movement. If you are suffering from an intestinal disorder or related issue, Mission Hope is here to help you get the expert care you need.

Introducing Joel Dean, MD

Dr. Joel Dean is a Colorectal Surgeon who specializes in robotic surgery for lower gastrointestinal conditions both benign and malignant.

Dr. Dean’s clinical expertise includes robotic colon and rectal surgery, sacral nerve stimulator placement, anorectal fistula repair, hemorrhoid surgery, and high resolution anorectal manometry to help identify the cause of bowel dysfunction.

His journey into colorectal surgery has literally traversed the globe. He grew up in the United Kingdom and moved home to the United States for his undergraduate education. He completed a categorical General Surgery internship at St. Barnabas in New Jersey, and then left medical training to fulfill a military service obligation. He served almost four years as an Army Battalion Surgeon with the 173rd Airborne Infantry, including two combat tours in Afghanistan. Upon returning to the States, he re-entered surgical education, completing his General Surgery residency at Virginia Mason in Seattle. After residency he worked as a general surgeon in Washington for three years. During this time, he gained an increasing appreciation for the breadth and complexity of the field of colorectal surgery prompting him to pursue further training. After completing Colorectal Surgery Fellowship he returned to Washington for six years where he performed over 600 complex robotic cases before deciding to head to sunnier weather.



Fight against Colorectal Cancer with Nutrition and Exercise

Colorectal cancer (also commonly known as colon cancer) is a big deal. It is the third-most common cancer diagnosed in the US, and according to the Centers for Disease Control and Prevention it is the third-leading cause of cancer deaths in American men and women combined. The real tragedy is that many of these cancer cases and cancer deaths occur needlessly, as they could be prevented if more people took advantage of colorectal cancer screening. The American Cancer Society screening guidelines recommend that adults aged 45 and older with average risk undergo regular screening.

You can also help reduce your risk of colon cancer by implementing lifestyle changes to achieve or maintain a healthy body weight. There are many ways to eat more healthfully and add more exercise to your life. Some nutrition ideas include: at meals, fill half your plate with fruits and veggies; read food labels to choose foods lower in saturated fat, sodium, and added sugars; eat seafood twice a week (salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury); or try a new fruit, vegetable, or whole grain product each time you shop for groceries. For exercise, walk more and/or take the stairs; join a group exercise class; and find a workout buddy. Small steps will add up to create lasting, beneficial lifestyle changes.

For more great ideas, join us for our Nutrition and Exercise Support Group on Tuesday, March 11 at 2:00 p.m. in the Mission Hope conference room on the first floor. Call John Malinowski ACSM-CPT, CET, EIM at 805.346.3413 to reserve your spot today!

Congratulations!

NAPBC[®]

NATIONAL ACCREDITATION PROGRAM
FOR BREAST CENTERS

A **QUALITY PROGRAM**
OF THE AMERICAN
COLLEGE OF SURGEONS

Mission Hope Cancer Center Honored with Three Year Accreditation

Quality Breast Care Focused on You

The National Accreditation Program for Breast Centers (NAPBC) represents a collection of national, professional organizations dedicated to the quality of care of patients with diseases of the breast. By receiving care at this NAPBC-accredited center, you can be confident your breast care team includes dedicated medical professionals from all necessary specialties who will work together to provide you with the best care available throughout your care journey.

Access the Most Up-to-Date, Comprehensive Care

Being cared for at this NAPBC-accredited breast center means that you'll receive:

- Comprehensive, personalized, and coordinated care provided by a multidisciplinary team of specialists
- Continuous improvements in the quality of your care
- Information about clinical trials and new treatment options
- Access to breast cancer-related information and education
- Mental health support, financial guidance, survivorship care, and other long-term services
- Cancer Rehabilitation Services
- Genetic counseling
- Ongoing monitoring of care and lifelong follow-up

What NAPBC Accreditation Means for You

If you or someone you love has been diagnosed with breast disease, we know you have many important decisions to make. But there's one thing you won't have to worry about—where to find the best possible treatment. That's because the best breast care is available here at this NAPBC-accredited breast program. From start to finish, a collaborative team of breast specialists will handle your treatment with the greatest care, respect, and efficiency.

The NAPBC demonstrates commitment to breast health to improve the quality of care available in their centers through breast-related programs, some of which focus on:

- Prevention
- Early detection
- Diagnosis
- Pretreatment evaluation
- Staging
- The most effective treatment
- Support services

Please call **805.346.3405** if you need assistance from our Oncology Nurse Navigator at Mission Hope Breast Cancer Center.



Life doesn't stop for cancer—but cancer changes life. We can help you make the most of your recovery.

Cancer Rehabilitation Program
805.346.3413

SIMPLE STRATEGIES FOR SUCCESS

Start the New Year With a Goal Oriented Healthy Mindset

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.

1. **De-stress:** 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 de-stress 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: 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 healthy 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.

Come join us to discuss these and other strategies to help kick start our New Year into a goal oriented healthy mindset. The Nutrition and Exercise Support Group meets on Tuesday, January 14 at 2:00 p.m. in the Mission Hope conference room on the first floor. To reserve your spot today call John Malinowski, ACSM-CPT, CET, EIM at 805.346.3413.

Mission Hope Cancer Rehabilitation Program

Cancer rehabilitation can help your body recover from cancer, treatment and other physical changes you may experience.

The effects of the disease and corresponding treatments can create complex medical issues. Cancer survivors can benefit from an integrated rehabilitation program to help them return to their greatest level of ability. Following an evaluation and assessment of functional impairments, our experienced team develops a rehabilitation plan for each patient's current needs and adjusts it throughout their continuum of care.

Mission Hope Cancer Rehabilitation Program provides individualized prescriptive exercise and dietary intervention in the recovery of cancer treatment-related symptoms. We provide an environment that gives the patients, their families and caregivers the opportunities to participate in important life roles and enhance quality of life. To learn more, please call John Malinowski, ACSM-CPT, CET, EIM at 805.346.3413.

The Benefits of Physical Activity

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

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

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

We all should strive to meet the Physical Activity Guidelines for Americans issued by the Department of Health and Human Services. Adults under the age of 65 should engage in at least 150 minutes and work toward 300 minutes of moderate-intensity aerobic exercise every week. You may choose to perform vigorous intensity exercise with

the guidelines set at 75 to 150 minutes every week. Adults above 65 should engage in at least 120 to 240 minutes of moderate intensity aerobic activity. We all should do muscle strengthening exercises at least two days each week at a moderate intensity.

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

If you have any questions please come to our Nutrition and Exercise Support group on Tuesday, February 11 at 2:00 p.m. in the Mission Hope conference room on the first floor. Contact John Malinowski, ACSM-CPT, CET, EIM at 805.346.3413 to reserve your spot today.



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

**You have the tools
and ability to make
lifestyle changes
that have life
altering results.**



Explore your creativity

Painting Projects

Led by Linda Denton



Tie-Dye Bag

Start the year off right with a new tie-dyed bag. Join us for a fun filled time together and leave with a usable project.

SANTA MARIA

Wednesday, January 8

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

1325 East Church Street, Santa Maria

ARROYO GRANDE

Tuesday, January 7 • 1:00 to 4:00 p.m.

850 Fair Oaks Avenue, Third Floor

Coaster Painting

Experiment with alcohol inks to create designs or just random patterns on ceramic tiles. Cork will be attached to the bottom to provide a safe surface to display your handiwork.

SANTA MARIA

Wednesday, February 5

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

1325 East Church Street, Santa Maria

ARROYO GRANDE

Tuesday, February 4 • 1:00 to 4:00 p.m.

850 Fair Oaks Avenue, Third Floor

Painting Aprons

Need a fun new apron? Learn to create a heart pattern and various other designs on your apron. We will tie them up and dye them outside.

SANTA MARIA

Wednesday, March 5

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

1325 East Church Street, Santa Maria

ARROYO GRANDE

Tuesday, March 4 • 1:00 to 4:00 p.m.

850 Fair Oaks Avenue, Third Floor

We recommend wearing your old clothes for the painting projects

FREE

HANDS ON WORKSHOPS

OPEN TO EVERYONE

Neurographic Art

Led by Cheryl Kelly (Santa Maria only)

1325 East Church Street, Santa Maria



Puzzle Project

Building on the "All About Me" theme, each participant may paint or decorate one or two puzzle pieces which will be assembled into a framed masterpiece to represent our collective journey.

Wednesday, January 15 • 1:00 to 3:00 p.m.



Neurographic Drawing

Inspired by the Valentine's Day, first we will draw a neurographic rose and then add colors and details with colored markers to make your creation uniquely yours.

Friday, February 21

1:00 to 3:00 p.m.

Zen Doodle

Using Zen Doodle techniques, create a portrait of your hand. The focus will be on developing unique patterns which you can enhance with shapes, colors, or details with a background of intertwining black lines and watercolors.

Friday, March 21

1:00 to 3:00 p.m.

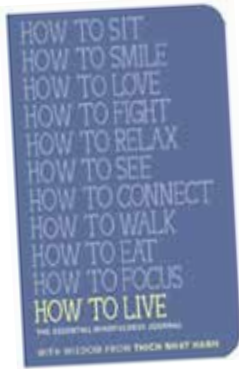


Mission Hope Cancer Center is pleased to invite you to join us online for our

Breast Cancer Support Group

Facilitator: Lindsey Hughes, RN, BSN, OCN

Starting in January, 2025, the General Breast Cancer Support Group will begin a new 11 book series, *How to Live*. Written by Thich Nhat Hanh, a Vietnamese Buddhist Zen Master, each of the books in this series uses “elementary language to address the most elemental concerns of the soul.” We will practice the essentials of mindfulness (with an option to privately journal) as we move through the book, having interactive discussions regarding the content.



The “How To” books are small enough to fit in your pocket, carrying large enough ideas to improve your outlook and enhance your quality of life.

Participants will be given a book but supplies are limited. Call today!



First and third Tuesdays of each month • 4:00 p.m.

January 7, 21 • February 4, 18 • March 4, 18

Please call Mission Hope Cancer Center for details and/or to register at 805.219.HOPE (4673)

Now meeting in person!

Look Good Feel Better® Workshops

with Yolanda Ramos and Renée Swan

These specialized workshops provide live instruction, tips and tricks for dealing with the visible side effects of cancer treatment. Join our facilitators Yolanda and Renée as they demonstrate helpful strategies for skin care, cosmetic application and alternatives for managing hair loss, including the use of wigs, hats and scarf tying.

For the first part of the session, each participant receives a free make-up kit with all the essentials needed in her shade. (Shades are chosen at registration.) For the second half, instruction will be given on how to style a wig or use a scarf and other helpful tips for making yourself feel glamorous. You may bring your own wig and/or head scarfs if you have them.

Selected Thursdays: January 9, February 6, March 6

10:00 a.m. to 12:00 noon

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Seating is limited and reservations are required. (Priority given to participants under active treatment.)

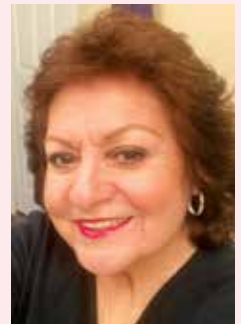
Please call Mission Hope Cancer Center at 805.219.HOPE (4673)



**Lindsey Hughes, RN,
BSN, OCN**

Oncology Nurse
Navigator

**Beginning 2025:
New book series,
*How to Live***



Yolanda Ramos



Renée Swan

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

Classes are offered onsite and/or virtually. For each class, please note either the location or the icon:



Virtual/Zoom Meeting

Spanish Language • En Español:

**Apoyo de Cáncer:
Viviendo con Cáncer**

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 ENERO; 4:00 PM

Platica con la doctora Julie Barone

13 FEBRERO; 4:00 PM

Platica General

13 MARZO; 4:00 PM

Platica General

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.

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

Art Therapy Classes

It's important to carve out time for self expression and creativity to add balance and fun to your life. Mission Hope offers art workshops that use varied art materials and techniques to help boost self expression and promote relaxation. Materials supplied; no experience necessary.

Mission Hope Cancer Center, SM

JAN 8; 9:00 AM–12:00 PM

Tie-Dye Bag with Linda Denton

JAN 15, FEB 21, MAR 21;
1:00-3:00 PM

Neurographic Art with Cheryl Kelly

Art classes continue next column

**Mission Hope Cancer Center, SM,
continued**

FEB 5; 9:00 AM–12:00 PM

Coaster Painting–Alcohol Ink

Feb 11, MAR 11; 10:00 AM

Origami with Jane Abela

Feb 12, MAR 12; 9:00-11:00 AM

Jewelry with Susan Johnson

MAR 5; 9:00 AM–12:00 PM

Painting Aprons with Linda Denton

MAR 20; 9:00 AM–12:00 PM

Neurographic Art with Cheryl Kelly

Held onsite, class seatings are limited.

Reservations required; please call 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

JAN 7; 1:00–4:00 PM

Tie-Dye Bag with Linda Denton

FEB 4; 1:00–4:00 PM

Coaster Painting–Alcohol Ink

MAR 4; 1:00–4:00 PM

Painting Aprons

Held onsite, class seatings are limited.

Reservations required; please call 805.474.5302

Spanish Language • En Español:

Clases de Arte

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 ENERO; 10:00 AM–12:00 PM

Tablero de Vision

24 FEBRERO; 10:00 AM–12:00 PM

Actividad de Jardin

24 MARZO; 10:00 AM–12:00 PM

Actividad de Primavera

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



New hands-on class!

Learn to Make Jewelry with Susan

Learn technical skills and have fun creating jewelry with a personal touch. Participants will make simple costume jewelry such as earrings, a bracelet and/or a pendant. There will not be any complicated processes involved, mostly gluing, stringing beads, painting, and bending wire to make simple loops. The goal is to have fun and make pieces that people will actually want to wear or give as gifts.

Classes are free of charge and all tools and supplies will be provided. No prior experience is required and all necessary instruction will be provided.

Wednesdays: February 12 and March 12 • 9:00 to 11:00 a.m.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Reservations are required and seating is limited.

To register please call Mission Hope: 805.219.HOPE (4673)



Susan Johnson

■ Susan is an experienced trainer who taught classes for Intel for ten years. Her current passion is making jewelry and showing others how easy, fun, and inexpensive it is to create their own unique costume jewelry to enjoy.

Barre Exercise Class

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

Mission Hope Cancer Center, AG

MOST THURSDAYS

Reservation and assessment required; please call 805.474.5334

Support Groups for Women: Breast Cancer Support Groups

Women gather to share valuable information and resources to manage the challenges a breast cancer diagnosis can bring while forging meaningful friendships.

JAN 7, 21, FEB 4, 18, MAR 4, 18; 4:00 PM

Inspiring interactive discussions from a new book *How to Live*

 **Virtual/Zoom Meeting**

Reservations required; please call 805.474.5302 to register

JAN 14, FEB 11, MAR 11; 5:45 PM

 **Virtual/Zoom Meeting**

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

☺Breast Cancer Support Group (Meeting onsite)

Our newest breast cancer support group addresses the unique challenges women/men face. Our support group provides a variety of topics and activities to help cope with this stage of life.

Mission Hope Cancer Center, SM

JAN 27; 4:00 PM

Looking Back, Moving Forward: Goals for 2025

FEB 24; 4:00 PM

Intimacy and Relationships

MAR 31; 4:00 PM

Staying Active During and After Cancer

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)

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. The intensity level will be modified to fit your needs. *A fitness assessment and medical release required for this class.*

Marian Health & Wellness Center, SM

MOST WEDNESDAYS

Reservation required; call 805.346.3413 for dates/details

Energy Balancing

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

JAN 27, FEB 24, MAR 24; 11:00 AM

 **Virtual/Zoom Meeting**

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

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

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
MOST FRIDAYS

Reservation and assessment required; call 805.346.3413 for dates/details

Mission Hope Cancer Center, AG
MOST THURSDAYS

Reservation and assessment required; call 805.474.5334 for dates/details

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.

Mission Hope Cancer Center, AG
MOST THURSDAYS

Reservation and assessment required; please call 805.346.3413

Learn Golf

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

MAR 12, 26

Please call 805.346.3413 for details

Nutritional Counseling with a Registered Dietitian

**Mission Hope Cancer Center,
Santa Maria/Arroyo Grande**

By appointment; 805.346.3403

**Hearst Cancer Resource Center,
San Luis Obispo**

By appointment; 805.542.6234

Returning in person!

Look Good Feel Better

Join facilitators Yolanda Ramos and Renée Swan for these free workshops to help patients mitigate the appearance-related issues of cancer treatments. Topics include makeup (cosmetic kit included), wig styling and head coverings.

Mission Hope Cancer Center, SM

JAN 9, FEB 6, MAR 6;
10:00 AM–12:00 NOON

Seating is limited and reservations are required; 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
MOST TUESDAYS

Reservation and assessment required; call 805.346.3413 for dates/details

Mission Hope Cancer Center, AG
MOST MONDAYS

Reservation and assessment required; call 805.474.5334 for dates/details

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.

JAN 8, FEB 12, MAR 12; 1:00 PM

 **Virtual/Zoom Meeting**

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

Mindfulness Session

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

JAN 6, FEB 3, MAR 3; 4:30 PM

 **Virtual/Zoom Meeting**

Reservations required; 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

JAN 10, 24, FEB 14, 28, MAR 14, 28

Reservations required; please call 805.346.3413 for details

Nutrition and Exercise Support

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

JAN 14; 2:00 PM

**Topic: Kicking off the New Year with
Nutrition and Exercise Goal Setting**

FEB 11; 2:00 PM

Topic: Cancer Prevention

MAR 11; 2:00 PM

**Topic: How Nutrition and Exercise Fight
against Colorectal Cancer**

Reservations required, please call
805.219.HOPE (4673)

Qigong Class

Involves repetitive, flowing movements coordinated with deep-breathing which increase energy and improves balance and flexibility.
(Hosted offsite)

Hearst Cancer Resource Center, SLO
WEDNESDAYS; 3:00 PM

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

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

These meetings offer information and practical support to address the particular challenges of oral, head and neck cancer. Our meetings include helpful suggestions and up-to-date information by qualified professionals as well as time to brainstorm with patients who have successfully coped with issues specific to these cancers.

Mission Hope Cancer Center, AG with Zoom option

FEB 18; 3:30 PM

*Guest Speaker: Ting-fen Lin, Ph.D.,
CCC-SLP*

Topic: Breath and Meditation Work

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

WEDNESDAYS; 11:00 AM

Please call 805.542.6234 for details

Thriving with Advanced Cancer Support Group

Support for the specific needs and concerns of patients with advanced, recurrent or metastatic cancer.

JAN 15, FEB 19, MAR 19; 5:15 PM



Virtual/Zoom Meeting

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

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

MOST THURSDAYS

Reservation and assessment required; call 805.474.5334 for dates/details

Warm Yarns Knitting and Crocheting Support Group

All experience levels are welcome to join. Instructions, needles and yarn are provided.

Mission Hope Cancer Center, SM

JAN 8, 15, 22 & FEB 5, 12, 19;
2:00 PM

Call 805.219.HOPE (4673) to register

Yoga for Cancer Patients and Survivors

Our gentle yoga class is geared specifically for those new to yoga or who prefer a gentle practice. This program incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. Many patients discover yoga helps them gain a greater sense of well-being by strengthening their bodies, combating uncomfortable side effects of treatment and reducing anxiety and stress. No experience required; please bring a yoga mat.

Mission Hope Cancer Center, AG

MOST MONDAYS

Reservation and assessment required; call 805.474.5334 for dates/details

Learn about the interaction between mind, body, and breath during the prandial process

SPOHNC, Santa Maria

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

Breath and Meditation Work within the HNC Population

Presentation by Ting-fen Lin, Ph.D., CCC-SLP



Ting-fen Lin, Ph.D.,
CCC-SLP

Dr. Lin aspires to shift dysphagia management to include a holistic approach. Her research aims to improve patient quality of life via alternative and complementary person-centered approaches including breathwork, yoga, and meditation.



Tuesday, February 18, 2025
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

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

Katie Crafton, MSW, LCSW

ONCOLOGY SOCIAL WORKER

805.346.3406

Katie.Crafton@commonspirit.org

Registered Dietitian

805.346.3403

Elizabeth Pico, RN

BREAST CARE ONCOLOGY
NURSE NAVIGATOR

805.346.3405

Elizabeth.Pico@commonspirit.org

Michelle Lamarche, RN, OCN

NURSE MANAGER, INFUSION CENTER

805.346.3421

Michelle.Lamarche@dignityhealth.org

Carol Lowe, RN, OCN

ONCOLOGY NURSE NAVIGATOR/
LUNG CANCER SCREENING PROGRAM

805.346.3463

Carol.Lowe@commonspirit.org

Brianda C. Lemus, MSW, LCSW

ONCOLOGY SOCIAL WORKER

805.346.3402

Brianda.Lemus@commonspirit.org

Chris Magana

CANCER CENTER TRANSPORT COORDINATOR

805.714.4764

Chris.Magana@commonspirit.org

Cynthia Maldonado, RN, BSN, OCN

SUPERVISOR CANCER OUTREACH
AND REGISTRY

805.346.3466

Cynthia.Maldonado@commonspirit.org

John Malinowski, ACSM-CPT,
CET, EIM

CANCER REHABILITATION PROGRAM

805.346.3413

John.Malinowski@commonspirit.org

Marlyn Molero

CLINICAL RESEARCH ASSOCIATE

805.346.3462

Marlyn.MoleroSanchez@commonspirit.org

Dee Dee Solano, RN

ONCOLOGY NURSE NAVIGATOR

805.346.3441

Dolores.Solano@commonspirit.org

Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:

Marian Cancer Care805.219.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

Julie Barone, DO, FACS, Breast Surgical Oncologist

Joel Dean, MD, Colorectal Surgeon

Jonathan Tammela, MD, FACOG, Gynecologic Oncologist

Constantine Melitas, MD, Advanced Gastroenterology 805.434.5530

THIRD FLOOR:

Medical Oncology805.349.9393

Mission Hope Infusion Center 805.346.3419

Non-Chemo Infusion Center 805.614.7999

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

Katie Crafton, MSW, LCSW
ONCOLOGY SOCIAL WORKER
805.474.5303
Katie.Crafton@commonspirit.org

Registered Dietitian
805.474.5305

Lindsey Hughes, RN, BSN, OCN
ONCOLOGY NURSE NAVIGATOR
805.474.5302
Lindsey.Hughes@commonspirit.org

Chris Magana
CANCER CENTER TRANSPORT COORDINATOR
805.714.4764
Chris.Magana@commonspirit.org

John Malinowski, ACSM-CPT
CANCER REHABILITATION PROGRAM
805.474.5334
John.Malinowski@commonspirit.org

Amy Settle, RN, OCN
NURSE MANAGER, INFUSION CENTER
805.474.5325
Amy.Settle@commonspirit.org

French Hospital Medical Center

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

Shannon D'Acquisto
DIRECTOR, HCRC

Julie Neiggemann, RN, MSN, OCN
ONCOLOGY NURSE NAVIGATOR

Lauren Jermstad, LCSW
LICENSED CLINICAL SOCIAL WORKER

Eloisa Medina
LAY PATIENT NAVIGATOR

Infusion Center of San Luis Obispo

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

Susan L. Diaz, RN, OCN
DIRECTOR
805.786.6167

Tracy Murphy
ONCOLOGY COUNSELOR
805.786.6168

Dignity Health Central Coast

Max Boveri, LMFT
BEREAVEMENT COUNSELOR
805.614.2060

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



EARLY DETECTION SAVES LIVES

This event specifically for under or uninsured people and offered at no charge

Skin Cancer Screenings

Please join us to receive a free skin cancer screening with Logan Thomas, MD, Dermatologist

Saturday, March 22, 2025

Mission Hope Cancer Center
1325 East Church Street, Santa Maria

Reservations are required.

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

Did you know?

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



Logan Thomas, MD
Dermatologist

Dr. Thomas is a native to the Central Coast where he graduated from San Luis Obispo High School, learned to surf at Morro Bay, and ate significant amounts of Santa Maria strawberries. Dr. Thomas married his high school sweetheart, and they are now the proud parents of four beautiful children.

After years of rigorous education at top institutions, Dr. Thomas is excited to be back on the Central Coast providing up-to-date and empathetic dermatologic care. His specialties include Cosmetic Dermatology, Medical Dermatology, and Surgical Dermatology.

