

# Cancer Care

News and inspiration for Mission Hope Cancer Center patients, caregivers and survivors.

April | May | June 2025

## NEW SENIOR DIRECTOR FOR CANCER CARE SERVICES

### Say Hello to Derek Baden, RN

Please welcome Derek Baden, RN, as our new Senior Director for Cancer Care Services for the central coast. Derek joined us on January 27, 2025, and is already making his way to meet many of you. This key addition to our team marks a significant step in our organizational approach to cancer care, designed to create a more integrated and expanded delivery system across our three-hospital market.

Derek brings a wealth of experience to the role, with over 12 years in Oncology, including leadership positions at the Bay Area Cancer Center and, most recently, at the Gene Upshaw Memorial Tahoe Forest Cancer Center. Derek's clinical and programmatic experience is impressive and includes cancer center development projects, radiation oncology, surgical oncology, oral oncolytic programs, clinical trials, and much more. Derek's proven ability to drive program development and to foster innovation makes him the ideal leader for this important service line.

Derek started his career as a registered nurse and later entered into management positions. Now with over 20 years in management, he has worked as an Oncology clinical manager, inpatient clinical manager, and in critical care, ED and neurology. He is married to Shannon and has a daughter Hannah. Beyond his professional accomplishments, Derek enjoys traveling with his family and exploring new places.



**Derek Baden, RN**  
Senior Director,  
Cancer Care Services

*Save the date for our first ever...*

### National Cancer Survivors' Day Event

Please see page 16 for event details and how to register

**Sunday, June 1, 2025 • 12:00 noon to 4:00 p.m.**

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



OUR MISSION    YOUR CENTER    TOGETHER FOR HOPE

If you would like to receive 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

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

**Michelle and Carol will be truly missed by the staff and their patients.**

# A Fond Farewell



**Michelle Lamarche, RN, OCN**  
Nurse Manager, Infusion Center



**Carol Lowe, RN, OCN**  
Oncology Nurse Navigator/  
Lung Cancer Screening Program

**As we celebrate the end of one era and the beginning of another, we thank Michelle and Carol for all that they have done throughout their professional journeys with Mission Hope Cancer Center. Their contributions to Mission Hope and all the patients they have served over the years of their dedicated service have been invaluable. We wish you both a wonderful retirement!**

■ **Michelle Lamarche, RN, OCN**, holds a strong passion for working with cancer patients and has over 30 years of oncology nursing experience. As part of her work, she trained many oncology nurses emphasizing the importance of safety and compassion for their patients. Michelle found that working in oncology allowed for a closeness between the nurse and patient that she enjoyed.

■ **Carol Lowe, RN, OCN**, served as an Oncology Nurse Navigator at Mission Hope with over 40 years of nursing experience. She provided the vital service of educating patients and connecting them to critical support resources. Carol also facilitated both the lung and colonoscopy screening programs, offering essential community preventative services in an effort to improve overall health outcomes.



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



## ◀ Allan Hancock College's Coaches vs. Cancer: \$19,154 (cumulative total)

Allan Hancock College Athletics proudly hosted its annual Carney's Coaches vs. Cancer event on February 12, 2025, at the Joe White Memorial Gymnasium on campus. The event raised awareness and funds for Mission Hope Cancer Center while honoring those affected by cancer in the community.

Named in memory of the late women's basketball assistant coach and four-time cancer survivor, Larry Carney, the annual competition highlights the power of community support. Allan Hancock Athletic Director Kim Ensing presented the Marian Foundation and the staff from Mission Hope with a check for \$780 the night of the game.

Due to the generosity of Allan Hancock College Athletics and the Carney family, Carney's Coaches vs. Cancer has collectively raised more than **\$19,154** for Mission Hope Cancer Center since the fundraiser's inception. We are honored to receive these funds and blessed to have a community partner like Allan Hancock College. And, of course, the Bulldogs pulled out an 83-64 win over the Moorpark Raiders in our honor!



## ▶ Santa Maria Police Department's Pink Challenge Coins: \$4,036

The Santa Maria Police Department proudly upheld their annual tradition of raising funds for our cancer center's patients by designing and selling their first ever Pink Challenge Coins. The fundraiser collected **\$4,036** for Mission Hope Cancer Center!

Along with the Santa Maria Police Department, the following local businesses who supported the fundraiser: My Place Coffee, Xtreme Electronics, Carnicería La Bonita, Main Street Cycle, Taquería y Panadería La Villa, APEX Auto Glass and Tinting, Calderon Tires (on Cook Street), Alcon Private Security, and Revista La Novedad.



## ◀ Santa Maria Park Rangers: \$1,050

The City of Santa Maria Park Rangers participated in No Shave November in support of cancer patients being treated at Mission Hope Cancer Center. What started as a light hearted competition has "grown" into an annual tradition for the department, recently donating **\$1,050!** We are so thankful for their generous support.



## How Can Nutrition and Exercise Improve Quality of Life for Head and Neck Cancer Patients?

According to the American Association for Cancer Research the National Cancer Institute estimates about 70,000 people will receive a diagnosis of oral cavity, pharynx, or larynx cancer in 2024. Many head and neck cancer patients experience treatment-related side effects such as difficulty swallowing, difficulty with speech, loss of taste or smell and unintended weight loss which often can be attributed to decreased muscle mass.

There are a few things that you can do to try to maintain your body weight during treatment. Ensure you are taking in enough calories and the right nutrients to help your body fight cancer. Often when undergoing cancer treatments our body has an increased demand of caloric intake. This can be a challenge to increase your calories while undergoing treatment so try eating several smaller meals throughout the day, maybe even every two to three hours. With each meal try to incorporate some carbohydrates, fats, and protein. Make sure you are intentional about chewing your food. You can try to chew each bite 50 times or incorporate softer texture foods which can make it easier to swallow. Steaming or boiling vegetables rather than eating them raw may help. Softer foods like scrambled eggs, egg salad, soups or stews, oatmeal or cream of wheat, tofu, milk, yogurt, cottage cheese, casseroles, mashed potatoes or macaroni and cheese are just a few options. Knowing that your body requires an increase in protein intake during treatment, think about having snacks with protein close by. Having Greek yogurt, pre-made smoothies or protein drinks like Ensure or Reason can be a quick high protein snack. Try

the smoothie recipe below if you're feeling adventurous.

It is becoming widely known that exercising while going through treatment can help reduce symptoms like fatigue, nausea and anxiety or depression. However, a more important side effect a head or neck cancer patient may need to think about is the loss of body weight or muscle mass. Incorporating an exercise routine which involves resistance exercises at a moderate intensity for your major muscle groups can help you maintain the muscle mass, which can help you continue to perform the daily activities you want and need to do. It is also important to work smaller muscles of the neck and tongue to maintain function of swallowing and speech. It is important to see a Speech and Language Pathologist familiar with cancer treatments for specific exercises.

If you would like more information, please join us for the Nutrition and Exercise Support class on Tuesday, April 8, at 2:00 p.m. in the first floor conference room at Mission Hope. Please call John Malinowski, ACSM-CPT, CET, 805.346.3413 to reserve your spot today.

*Try this quick and easy smoothie for a delicious protein-packed snack*

### Banana and Peanut Butter Smoothie

#### INGREDIENTS:

- 1 tablespoon ground flaxseed
- 1 banana
- 1 cup any liquid  
(milk, milk substitute, Boost, Ensure)
- ½ cup plain Greek yogurt  
(from whole milk)
- 2 tablespoon nut butter (any kind)
- ½ avocado

#### INSTRUCTIONS:

1. Measure and prepare solid ingredients and place them in the blender
2. Add liquid ingredients to blender, blend all of the ingredients together to your desired consistency
3. Add additional liquid to the blender if needed to thin out consistency for better blending. Enjoy!

Serves: 1 • 680 calories, 24 grams of protein



## COMMITTED TO THE BEST IN COLORECTAL CANCER CARE

Colorectal cancer (CRC), also called colorectal adenocarcinoma, is a malignant tumor that develops within the walls of the large intestine. It is characterized by the uncontrolled growth and spread of abnormal cells. CRC causes significant morbidity and mortality in the United States. Among all cancers, it is the second leading cause of cancer death globally in men and women. Although incidence rates have been declining over the last 20 years, recent population based studies show that the incidence is only decreasing in those over the ages of 55.

# Colon Cancer is Preventable, Treatable and Beatable

Most recent trends show there is a rise in incidence in those between the ages of 45 and 49. The U.S. Preventive Services Task Force has recommended colorectal cancer screenings for people ages 45 and older. Since the early 2000's, incidence among people 45 to 49 has increased about 2.4% per year, and about one in 10 people diagnosed with colorectal cancer is under age 50.

Common signs and symptoms could include, but not limited to, rectal bleeding, abdominal pain, iron deficiency anemia, unintentional weight loss, and fatigue. These are alarming symptoms and should be evaluated by one's primary care physician and/or gastroenterologist right away. Many times polyps are found while doing a colonoscopy; removing them can prevent colon cancer.

CRC usually develops over a period of several years, with the cancer beginning as a precancerous lesion, or polyp. Experts estimate that at least 95 percent of cases of CRC arise from preexisting polyps. Once polyps are found, they are sent to a pathologist who will further evaluate the polyp at a cellular level and with close collaboration, we are able to determine when a colonoscopy should be repeated (one year, three years, five years, seven years, 10 years, etc.)

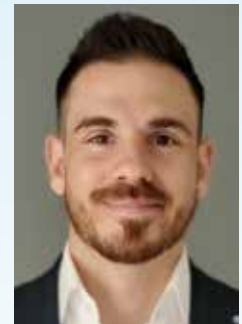
Risk factors for colon cancer include smoking, increasing age, family history, black race, and male sex. Currently, guidelines support beginning colonoscopies at age 45 for men and women. There is literature to support that a diet high in fiber including high fiber cereals and whole grains, along with fresh fruits and vegetables, are associated with a decreased incidence of colon cancer.

Mission Hope Cancer Center has worked to expand the team of clinical experts needed to meet the increasing needs for colorectal cancer care. Mission Hope is now able to offer a comprehensive approach to colorectal cancer care. Board Certified in gastroenterology, Constantine Melitas, MD, specializes in advanced endoscopy procedures and colorectal surgery. Dr. Melitas has been trained to manage many complex gastrointestinal, pancreatic, biliary, and liver diseases endoscopically. Joel Dean, MD, is a board certified colorectal surgeon who specializes in robotic surgery for lower gastrointestinal conditions both benign and malignant.

If you have questions or would like more information on screening colonoscopies, please call our oncology nurse navigator at Mission Hope Cancer Center at 805.346.3463.



Joel Dean, MD  
Colorectal Surgery



Constantine Melitas, MD  
Gastroenterology  
Advanced Therapeutic/  
Interventional Endoscopy

**Recent trends show there is a rise in colorectal cancer incidence in people between the ages of 45 and 49.**

**Please call 805.614.5605 to schedule an appointment**



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

## Creating Cancer Fighting Habits for Survivorship

Whether you have recently completed treatment or you are now seeing your oncologist on an annual basis, you can take control of your health with a few tips to create habits for long term survivorship.

When it comes to nutrition try not to become overwhelmed by all the fad diets you hear about or see on the internet or social media. Generally speaking, stick to a balanced diet of a variety of vegetables and fruits, healthy fats, lean proteins and whole grains. The Mediterranean Diet is an example of this style of diet. A few other considerations are staying hydrated, limiting sodium intake, sugar, and alcohol.

Adhering to these principles and implementing a few of the suggestions below can help you create healthy habits throughout your survivorship.

Both aerobic and anaerobic are important. However, new research is showing that anaerobic exercise has a positive effect on longer life expectancy in all-cause mortality.

- Take a few minutes to **plan out your meals** for the week. This can save time and money during your busy week. Also never go grocery shopping hungry!
- **Be mindful of what you eat.** Enjoy the experience of eating, notice the smells, textures and flavors of each meal. Don't be in a rush. Don't eat while watching television.
- **Take note of portion sizes, nutrition labels, and avoid processed foods** and foods high in unhealthy fats.

Along with making healthy nutritional choices, implementing a consistent exercise routine is an important part of survivorship! Exercise can be put into two basic categories: aerobic and anaerobic. Both are important; however, new research is showing that anaerobic exercise has a positive effect on longer life expectancy in all-cause mortality. A few tips to develop healthy habits include:

- **Avoid inactivity.** If you find you have been sitting for more than an hour or two, stand up, do some toe and heel raises, leg curls or shoulder rolls. Get your blood circulating!
- **Schedule a set time for exercise.** Many people do it early in the day to get it done and over with. Whatever time works best in your schedule is fine. The point is to perform some exercise most days of the week.



- **Be mindful of your activity level.** It can be as simple as writing on a calendar what type of exercise (aerobic or anaerobic), how much (number of minutes or sets and repetitions), intensity (easy, moderate, or hard).
- Remember: **a short and easy workout is better than no workout at all.** Try getting into the habit of reaching four or five days a week of any intensity of activity. Then progress from there.

If you would like more information on how to implement these suggestions, consider joining us for the Nutrition and Exercise Support class that will meet Tuesday, June 10 at 2:00 p.m. on the first

floor conference room at Mission Hope Cancer Center. The topic will focus on Nutrition and Exercise Tips for Cancer Survivorship. Please contact Cancer Exercise Trainer John Malinowski at 805.346.3413 to reserve your seat.

*Create a written document that states your medical wishes should you not be able to speak for yourself*

## Advanced Health Care Directive Talk

*with Marian's Chaplain Services*

An Advance Health Care Directive ensures that everyone, including your family, is aware of your wishes regarding medical interventions and future care requirements. As a result, any decisions they may have to make in difficult circumstances are made from an informed position. Let us help you give your loved ones this important and practical gift.

**Tuesday, May 20, 2025 • 4:00 to 5:00 p.m.**

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

Please reserve a seat by calling Mission Hope: 805.219.HOPE (4673)



# 12<sup>th</sup> Annual Day of Hope

August 27, 2025

Delivering hope to local cancer patients.



# Explore your creativity

## Painting Projects

Led by Linda Denton

*Wear old clothes for the painting projects. Gloves provided*



### Silk Hoop Painting

We use fabric paints to paint a design on a silk using an embroidery hoop to stretch the fabric. Choose from a variety of designs and colors to play with.

**SANTA MARIA**

**Wednesday, April 2 • 9:00 a.m.–12:00 noon**

1325 East Church Street, Santa Maria

**ARROYO GRANDE**

**Tuesday, April 1 • 1:00–4:00 p.m.**

850 Fair Oaks Avenue, Third Floor

## Watercolor Koi

Using a template, watercolor paint and pencils, create a Koi fish painting. Linda will teach how to mix the colors and how to apply the paint.



**SANTA MARIA**

**Wed., May 7 • 9:00 a.m.–12:00 noon**

1325 East Church Street, Santa Maria

**ARROYO GRANDE**

**Tuesday, May 6 • 1:00–4:00 p.m.**

850 Fair Oaks Avenue, Third Floor



### Alcohol Ink Cards

We will design our own cards using Yupo paper and Alcohol Inks. Linda will demonstrate the technique and showcase the often surprising results.

**SANTA MARIA**

**Wednesday, June 4 • 9:00 a.m.–12:00 noon**

1325 East Church Street, Santa Maria

**ARROYO GRANDE**

**Tuesday, June 3 • 1:00–4:00 p.m.**

850 Fair Oaks Avenue, Third Floor

*Alcohol inks shown on tile project*

## The Art of Origami

Led by Jane Abela

The creative and relaxing pastime of origami immerses one in an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction.

**SANTA MARIA ONLY**

**Tuesdays: April 8 • May 13 • June 10 • 10:00 a.m.**

1325 East Church Street, Santa Maria

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

**FREE  
HANDS ON WORKSHOPS  
OPEN TO EVERYONE**

## Neurographic Art

Led by Cheryl Kelly (Santa Maria only)

1325 East Church Street, Santa Maria

**Famous Artist Series:  
Learn from the Masters!**



## Wassily Kandisky

Discover the techniques Kandinsky used to transform simple shapes and lines into a visual symphony. You will learn about his contributions to abstract art and his innovative use of color as you explore your own.

**Wed., April 16 • 1:00–3:00 p.m.**



## Paul Klee

Paul Klee combined translucent color panes and perspectives with Cubist, childlike, faux-naïf style. We will explore lines, shapes, and space, echoing Klee's artistry.

**Wednesday, May 21**

**1:00–3:00 p.m.**



## Vincent van Gogh

Van Gogh was inspired by the colors and the thick brushstrokes he saw in Impressionist paintings. We be using acrylic paint and apply acrylic techniques to get the painterly look.

**Wed., June 18 • 1:00–3:00 p.m.**



Register for a free, fun-filled summer camp for kids

## Camp Kesem



Camp Kesem provides a free, week-long summer camp for children ages 6-18 years old who have a parent with cancer. The mission of Camp Kesem is to provide friendship, understanding, education and support for kids and teens who have a parent with cancer or have lost a parent with cancer. Featuring a variety of exciting activities, this is a free, fun-filled experience you don't want to miss!

### Camp Kesem, Cal Poly • July 7-10, 2025

Friends+Family Day: April 19

### Camp Kesem, UCSB • July 13-18, 2025

Friends+Family Day: April 26

Applications are accepted on a first-come, first-served basis; please apply as soon as possible.



Camp Kesem is a nationwide community driven by passionate college student leaders that supports children through and beyond their parents' cancer.

For more information on this great opportunity for kids, please call:

Brianda Lemus, LCSW: **805.346.3402**

Check out the website: **[campkesem.org](http://campkesem.org)**

## Surfing for Hope: Survivors Camp



Our 2025 Cancer Survivor Camps will take place in Pismo Beach and are open to men and women currently undergoing treatment or have completed cancer treatment, as well as their caregivers. The camp will include a short yoga stretch on the beach followed by surf lessons on the sand and then we hit the water for some healing time in the ocean. Lunch is served on the beach while Dr. Tom Spillane and Bob Voglin lead a brief discussion on survivorship as well as provide updates on cancer treatments and resources.

### Selected Saturdays: May 17 and September 20

10:00 a.m. to 1:00 p.m.

Call Cynthia Maldonado for more information 805.346.3466

Check out the website for more information about Surfing for Hope and/or to register: **[www.surfingforhope.org](http://www.surfingforhope.org)**

Spots are limited, so register today for this unique opportunity to join other survivors for an informative and fun filled day. Please feel free to sign up with a friend; they do not have to be a survivor themselves.



The Surfing for Hope Foundation is a local 501c3 non-profit organization that was created to help ease the difficulty of cancer through the healing powers of surfing and ocean life.

**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**

**Getting Started at Mission Hope**

**For All New Patients**

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**

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**

10 ABRIL, 8 MAYO, 12 JUNIO;  
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**

APR 2; 9:00 AM–12:00 PM  
**Silk Hoop Painting**

APR 16, MAY 21, JUN 18;  
1:00-3:00 PM

**Neurographic Art with Cheryl Kelly**

*Art classes continue next column*

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

APR 8, MAY 13, JUN 10; 10:00 AM  
**Origami with Jane Abela**

APR 9, MAY 14, JUN 11;  
9:00–11:00 AM

**Jewelry with Susan Johnson**

MAY 7; 9:00 AM–12:00 PM  
**Watercolor Koi**

JUN 4; 9:00 AM–12:00 PM  
**Alcohol Ink Cards**

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

**Mission Hope Cancer Center, AG**

APR 1; 1:00–4:00 PM  
**Silk Hoop Painting**

MAY 6; 1:00–4:00 PM  
**Watercolor Koi**

JUN 3; 1:00–4:00 PM  
**Alcohol Ink Cards**

**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**

21 ABRIL; 10:00 AM–12:00 PM  
**Actividad de Primavera**

19 MAYO; 10:00 AM–12:00 PM  
**Actividad de Verano**

23 JUNIO; 10:00 AM–12:00 PM  
**Actividad de Día de Independencia**

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

NEW CLASSES

*A place to build connections and support networks*

## Living with Cancer Support Group

Support groups come in all different forms but the common theme is you don't have to face cancer alone. Our support group for patients living with cancer offers a safe place to explore the emotional aspects of cancer by providing a forum to share your experiences and work through feelings and challenges. All types of cancer diagnoses are welcome.

**Wednesdays: April 16, May 21, June 18**

**8:30 to 9:30 a.m.**

**Mission Hope Cancer Center, Conference Room**

1325 East Church Street, Santa Maria

For details, please call Mission Hope: 805.219.HOPE (4673)



***Walk-ins welcome!***

### 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.

APR 15 & MAY 6, 20 & JUN 3, 17;  
4:00 PM

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

 **Virtual/Zoom Meeting**

**Mission Hope Cancer Center, SM**

APR 1; 3:00–5:00 PM  
Quarterly in-person meeting at  
MHCC, in Santa Maria

Please call Mission Hope for details  
and/or to register for online or in-person  
meetings at 805.474.5302

### Breast Cancer Support Groups, continued

APR 8, MAY 13, JUN 10; 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**

APR 28; 5:00 PM

**Coping with your Cancer Diagnosis**

JUN 30; 5:00 PM

**Maintaining Healthy Relationships**

Reservations required; call 805.346.3405



If you would like to receive newsletters via email, scan the QR code here to sign up.

### 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

## DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

### Energy Balancing

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

APR 28, MAY 26, JUN 23; 11:00 AM

 **Virtual/Zoom Meeting**

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

### Fight Against Falls Exercise Class

If you are experiencing symptoms such as peripheral neuropathy in the feet or generalized muscle weakness don't wait until you have fallen to do something about it. Participants gain the knowledge to reduce the risk of falls in addition to conditioning the muscles to battle muscle fatigue and gain strength.

**Marian Health & Wellness Center, SM**  
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.

APR 9 & MAY 14, 28 & JUN 9, 23

Please call 805.346.3413 for details

### Living with Cancer Support Group

This support group offers a safe place to explore the emotional aspects of cancer by providing a forum to share and work through feelings and challenges. All types of cancer diagnoses are welcome.

**Mission Hope Cancer Center, SM**

APR 16, MAY 21, JUN 18;  
8:30–9:30 AM

Walk-ins welcome. For details, call 805.219.HOPE (4673)

**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**

APR 3, MAY 1, JUN 5  
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.

APR 9, MAY 14, JUN 11; 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.

APR 7, MAY 5, JUN 2; 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**

APR 11 & MAY 9, 23 & JUN 13, 27

Reservations required; please call 805.346.3413 for details

### Nutrition and Exercise Support

Join us for an exciting class which combines nutrition advice with practical exercise tips to support your health throughout your treatment.

**Mission Hope Cancer Center, SM**

APRIL 8; 2:00 PM

**Topic: How Can Nutrition and Exercise Help Head and Neck Cancer Patients**

MAY 13; 2:00 PM

**Topic: Nutrition and Exercise Tips for Skin Cancer Prevention**

JUNE 10; 2:00 PM

**Topic: Nutrition and Exercise Tips for Cancer Survivorship**

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

APR 15; 3:30 PM

**Guest Speaker: Chelsea Ellis, OTR**  
**Topic: Lymphedema Program**

JUN 17; 3:30 PM

**Guest speaker and topic TBD**

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.

APR 16, MAY 21, JUN 18; 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

APR 7, 14, 21 & MAY 5, 12, 19 &

JUN 2, 9, 16; 2:00 PM

Call 805.219.HOPE (4673) to register

■ **Please note:** class seating is limited so classes may fill up.  
**Call to reserve your spot early!**

### 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

APR 7, 14, 21 & MAY 5, 12, 19 & JUN 2, 9, 16; 2:00 PM

Reservation and assessment required; call 805.474.5334 for dates/details

### *New hands-on class!*

## Learn to Make Jewelry with Susan

Susan Johnson will lead participants in the art of making simple costume jewelry such as earrings, a bracelet and/or a pendant. No complicated processes involved—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: April 9, May 14, June 11 • 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)**

## 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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Registered Dietitian  
805.346.3403

### 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  
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 Oncology .....805.349.9393  
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](http://www.missionhopecancercenter.com)

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### French Hospital Medical Center

Hearst Cancer Resource Center  
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San Luis Obispo, California  
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### 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



June 1 is  
National Cancer  
Survivors Day

Please join us!

# National Cancer Survivors' Day EVENT AND CELEBRATION

You are invited to share in the celebration of our patients and their support system/family as we recognize their strength, courage, and resilience. A panel of doctors will educate on updates in cancer care followed by a day of fun activities. Entertainment will include: live music and entertainment, arts and crafts, photo booth, big bounce house and more!

## Sunday, June 1, 2025

12:00 noon to 4:00 p.m.

Mission Hope Cancer Center  
1325 East Church Street, Santa Maria

*Cancer survivors must register.*

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

