

## About Cancer Care

*Hearst Cancer Resource Center at French Hospital Medical Center provides comprehensive support services for all cancer patients in our community, at no charge, and appreciates the generosity of our donors.*

## My Neighbor Emily



In 2002, we bought a new (to us) home. I had never given much thought to my neighbors or how important they are (or could be). My grandmother asked, “Hayley Jo, do you know your neighbors? Mine are my best friends.” I had to admit that I didn’t.

I made a point to get to know my 72 year old neighbor, Emily. I discovered she was a mother, grandmother, friend, widow, former nurse, cross-country bicyclist, pilot, quilter and one of the coolest people I knew.

Emily was the first person I tearfully told I had breast cancer (I was 36). Turns out, she fought her battle with breast cancer the year I was born (1966) when she was in her mid-30’s. She gave me so much hope and strength when she said, “If I can do it, so can you. Kick cancer’s butt.” I believed her with all my heart. It was also exactly what I needed to hear. While I was going through treatment she brought me flowers from her garden, books from her bookshelf, knowledge from her mind and food from her kitchen. We stayed the best of friends. We proudly shared the title of breast cancer survivors.

The moral of the story is that your cancer neighbors are everywhere. You might be surprised where your main support will come from. A Chinese proverb says “to know the road ahead, ask the ones coming back.” Let people who have walked down the path before you give you hope, be your strength, and lift you up.

If my neighbor Emily were sitting next to you, she would look you straight in the eye, and say, “If I can do it, so can you. Kick cancer’s butt.”

*Please join us for our upcoming meetup:*

### Celebrating Survivorship

**WHEN:** Tuesday, June 8 at 5:30 PM

**WHERE:** Virtual Zoom presentation

**PRESENTED BY:** Kathleen McKinnon, breast cancer survivor and owner of Harmony Schoolhouse

Reservations are required.

Please email [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org)

or call Hearst Cancer Resource Center at 805.542.6234. Valid email, name and phone number will be required for a Zoom invite.

# A note from our director:

Our passion for support!



At the Hearst Cancer Resource Center, we have always been here to support the needs of our patients and their loved ones. These times are no different, just more challenging. We have had to adapt over the last year as an organization, as a community, as a country and as patients. These times have been a learning curve for us all. The silver lining that I have found from my own cancer journey

and from the long year of Covid, is that we all have grown and adapted in ways that we never knew possible.

Hearst Cancer Resource Center has recently made some new additions to our website, calendar, social media and our technology. We are hoping that by adapting to the “new normal,” we will also be embracing an expanded reach to the patients all around our community. We are currently offering many great support groups, exercise classes, educations and wellness programs. As soon as possible, we will be expanding in-person programs and services as well.

Hopefully you find something from this list that supports your cancer journey needs. If not, please reach out and we will try to support you in other ways!

Most sincerely,

*Shannon D'Acquisto,*  
*Director*

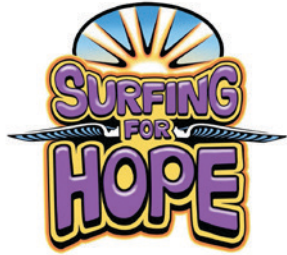


## Free services include:

- **Nurse navigator to guide, advocate and support patients through their journey**
- **Support Groups**
  - *All Blood Support Group*
  - *Breast Cancer Support Group*
  - *Caregiver Support Group*
  - *Living With Cancer Support Group*
  - *Prostate Cancer Support Group*
  - *Spanish Support Group, en Español*
  - *Young Survivor Support Group*
- **Social services, programs, one-on-one, family, and financial insight**
- **Nutritional counseling to achieve health and well-being goals with our Registered Dietitian**
- **Wellness tools to aid in holistic well-being and relaxation**
  - *Energy Balancing*
  - *Guided Meditation*
  - *Intuitive Collage*
- **Appearance center with resources for cancer patients to look and feel their best**
- **Exercise and strengthening classes**
  - *Pilates*
  - *Tai Chi Chih*
  - *Qigong*
  - *Yoga*
- **Educational presentations to gain cancer knowledge and understanding from local and national experts**
- **Transportation Support for Treatment**



# Pure Stoke Surf Camp Has Added a New Program



The Pure Stoke program offers a safe, fun environment, utilizing the healing energy of the beach and ocean and provides an outlet to help you deal with the stress of cancer.

The program involves a day that includes surf lessons and all equipment, ocean and marine biology education as well as “fun” beach activities in setting of a non-intimidating environment, staffed by supportive instructors and counselors. The day is capped off with a great lunch!

We're excited to announce the addition of a Women's Cancer Survivor Camp! This unique event will held be on shores of Pismo Beach and is open to women currently undergoing treatment or who have completed cancer treatment, as well as oncology health care providers. A day of yoga, beginner surf instruction similar to the youth program and a gourmet luncheon will be provided free of charge. Dr. Tom Spillane will lead a brief discussion on survivorship as well as updates on cancer treatments and resources.

## 2021 Youth Surf Camp

**DATES:** Saturdays, May 15, June 19, July 17, Aug 21, Sept 18, Oct 2 (Same day as the Longboard Surf Contest), & Nov 20

## 2021 Adult Survivor Camp

**DATES:** Sundays, May 16, June 20, July 18, Aug 22, Sept 19, Oct 3 & Nov 21

**MEETING PLACE:** SeaCrest Ocean Front Hotel, 2241 Price Street, Pismo Beach

For more info and to reserve a spot go to: [surfingforhope.org](https://surfingforhope.org)



# Check your spots—before it's too late.

According to the American Academy of Dermatology Association:



Anyone can get skin cancer, regardless of skin color. It is estimated that one in five Americans will develop skin cancer in their lifetime. When caught early, skin cancer is highly treatable.

*Everyone is at risk for skin cancer. How much do you know about skin cancer?*

Basal cell carcinoma and squamous cell carcinoma:

- These are the most common forms of skin cancer, and are collectively referred to as non-melanoma skin cancers.
- These arise within the top layer of the skin and can appear on any sun-exposed area of the body, but are most frequently found on the face, ears, bald scalp, and neck.
- Basal cell carcinoma frequently appears as a pearly bump, whereas squamous cell carcinoma often looks like a rough, red, scaly area, or an ulcerated bump that bleeds.
- Although non-melanoma skin cancer spreads slowly, if left untreated, it can lead to disfigurement.
- Researchers estimate that 5.4 million cases of non-melanoma skin cancer, including basal cell carcinoma and squamous cell carcinoma, were diagnosed in 3.3 million people in the United States in 2012.
- See a board-certified dermatologist if you spot anything changing, itching, or bleeding on your skin.
- When caught early and treated properly, skin cancer is highly curable.

*Please join us for our upcoming education:*

## **Skin Cancer 101: What you need to know**

**WHEN:** Wednesday, May 5, 2021: 5:30pm

**WHERE:** Virtual Zoom presentation

**PRESENTED BY:** Dr. Karen Allen, Dermatologist

To receive the zoom link please email:

***hcrc@dignityhealth.org***



## Supporting Cancer Patients during COVID-19

During the past year of the COVID-19 pandemic, cancer patients have faced increased challenges and isolation on top of their already difficult cancer journeys. That's why the Hearst Cancer Resource Center (HCRC) is more important than ever, offering a lifeline during exceedingly difficult times.

Since the start of the pandemic, ensuring that cancer patients and their families continue to have access to the vital services provided by HCRC has been of the utmost importance. Programs and services transitioned to virtual and by phone offerings in order

to provide patients with continued and safe access. We have also recently added short in-person visits, by appointment.

As our community moves forward in recovery from the pandemic, HCRC will fully transition to seeing patients one-on-one in-person and we also look forward to a time when we can safely bring our in-person group classes and programs back.

But in order to do this, we value the support of our community! Please consider supporting the Hearst Cancer Resource Center today, so that patients and their families continue to have access to the resources they need.

Visit [SupportFrenchHospital.org/donate-now-hcrc](https://SupportFrenchHospital.org/donate-now-hcrc) or call 805.542.6496.



## Turn to us for answers:

### HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201,  
San Luis Obispo, CA 93401  
805.542.6234  
Monday–Friday  
9AM–4:30PM  
[dignityhealth.org/hcrc](http://dignityhealth.org/hcrc)  
HCRC is temporarily closed to walk-ins.  
Please call for assistance.

**Thomas Spillane, MD**  
*Medical Director*

**Shannon D'Acquisto**  
*Director, Cancer Survivor*  
[Shannon.DAcquisto@DignityHealth.org](mailto:Shannon.DAcquisto@DignityHealth.org)

**Julie Neiggemann, RN, MSN, OCN**  
*Nurse Navigator*  
[Julie.Neiggemann@dignityhealth.org](mailto:Julie.Neiggemann@dignityhealth.org)

**Eloisa Medina**  
*Lay Patient Navigator*  
805.786.6130 - en español  
[Eloisa.Medina@dignityhealth.org](mailto:Eloisa.Medina@dignityhealth.org)

**Angela Fissel, RD**  
*Registered Dietician*

### DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center  
1325 East Church Street, STE 102  
Santa Maria, CA 93454  
805.219.HOPE (4673)

850 Fair Oaks Avenue  
Arroyo Grande, CA 93420  
805.474.5300

**Katherine M. Guthrie**  
*Senior Regional Director,  
Cancer Services*  
CENTRAL COAST SERVICE AREA  
805.346.3434  
[Katherine.Guthrie@dignityhealth.org](mailto:Katherine.Guthrie@dignityhealth.org)

**Kathleen Sullivan, PhD, RN**  
*Vice President, Post Acute Care and  
Health Services Operations*

### SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.543.5577  
Infusion Center Front Desk:  
805.786.6140

*Care Providers:*  
**Thomas Spillane, MD**  
*Medical Oncology Director of  
Clinical Trials*  
**Gorgun Akpek, MD, MHS**  
**Diane De Vos Schmidt, FNP-C**  
**J.T. Link, MD**  
**James Malone III, MD**  
**Tim Souchek, PA**

### IMAGING CENTERS

FHMC San Luis Diagnostic Center  
1100 Monterey St #210,  
San Luis Obispo, Ca 93401  
805.542.9700

FHMC Women's Health and  
Imaging Center  
1941 Johnson Ave Suite 104,  
San Luis Obispo, Ca 93401  
805.597.6700

### SLO INFUSION CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.786.6140  
Nurse Line: 805.786.6144

**Susan Diaz, RN, OCN**  
*Director*

**Viridiana Ruiz**  
*Oncology Counselor*

### ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH  
HOSPICE  
800.549.9609

PALLIATIVE CARE  
805.739.3950

### COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

**17 Strong**  
[seventeenstrong.org](http://seventeenstrong.org)

**American Cancer Society**  
[cancer.org](http://cancer.org)

**Cancer Connections**  
[cancerconnectionslo.org](http://cancerconnectionslo.org)

**Cancer Support Community**  
[cscslo.org](http://cscslo.org)

**Cancer Well-Fit Program**  
[cancerwell-fit.com](http://cancerwell-fit.com)

**Central Coast Dragon Boat Association—Central Coast SurviveOars**  
[ccdba.org](http://ccdba.org)

**Hats for Hope**  
[hatsforhope.com](http://hatsforhope.com)

**Jack's Helping Hand**  
[jackshelpinghand.org](http://jackshelpinghand.org)

**Leukemia and Lymphoma Society**  
[lls.org](http://lls.org)

**Surfing for Hope**  
[surfingforhope.org](http://surfingforhope.org)

**Teddy Bear Foundation**  
[teddybearcancerfoundation.org](http://teddybearcancerfoundation.org)



**Dignity Health™**  
French Health Medical Center

### Hearst Cancer Resource Center

Mailing address:  
1911 Johnson Avenue,  
San Luis Obispo, CA 93401

Street address:  
1941 Johnson Avenue, Suite 201,  
San Luis Obispo, CA 93401

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93401

### HCRC Advisory Committee

#### *Chair*

**Thomas Vendegna, MD**

*President and CEO*

**Alan Iftiniuk**

FRENCH HOSPITAL MEDICAL CENTER

*Chief Operating Officer (COO),*

*Chief Nursing Executive (CNE)*

**Julia Fogelson, MSN, RN**

FRENCH HOSPITAL MEDICAL CENTER

*Vice President, Philanthropy*

**Debby Nicklas**

FRENCH HOSPITAL MEDICAL CENTER

#### *Board Members*

**Sandy Dunn**

**Stephen Hearst**

**Stephen Hilty, MD**

**Stephen Holtzman, MD**

**Noreen Martin**

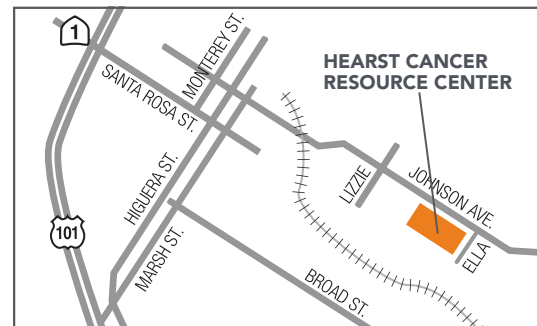
**Susan Minker, MD**

**Don Oberhelman**

**Thomas Spillane, MD**

**Jackie Starr**

## Hearst Cancer Resource Center



### Hearst Cancer Resource Center

*Commission on Cancer Community Cancer Program*

1911 Johnson Avenue  
San Luis Obispo, CA, 93401  
805.542.6234

