

cancer care



Dignity Health.
French Hospital Medical Center

Hearst Cancer Resource Center

Hearst Cancer Resource Center

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 who make it all possible.

A Letter of Gratitude

By Stephen Overturf

Hope is such an ephemeral, indeed delicate thing, needing constant attention and nurturing—all of which cannot occur without those who care. This is where the Hearst Cancer Resource Center comes in.

Perhaps the clearest sign of this is the doctors who are both knowledgeable and sensitive, who not only keep up on the latest treatments but also listen closely to their patients' needs (Dr. Spillane), provide for sensitive and great care in the form of wonderful assistants for the doctor (Betty, NP), and help with the mine field of insurance coordination (Julie J.).

Also important is a fully engaged and sensitive care giver, a person who helps with the ordinary physical needs of existence, but does so with a loving spirit and positive outlook on life (Patti, my wife). Frequently this can include well more than one person, often other family members acting almost as a team.

And then there is, for lack of a better word, a facility that delivers what is required to help treat the disease—this is where the Hearst Cancer Resource Center shines, including nurse navigators (Julie N., the other great Julie), patient support groups (Ashley, LCSW, and Dee), family support (the remarkable Surfing for Hope), and so many others.



Stephen and Patti Overturf express their gratitude for the gift of hope that HCRC extends.

There are also of course the very special, all of them, nurses in the Infusion Center. These are people who not only consistently provide the highest level of care—there is that word again—but do so in a way that makes the patient feel he or she is directly

connected with someone who is truly interested in their welfare. Sometimes infusions can take lengthy periods of time, and yet, amazing as it may seem, it is not necessarily onerous at all due to that attentive nursing staff.

All of this care then combines in creating a real basis for hope, and those whose financial support makes the center possible and viable need to know what an extraordinary gift they are giving to us all. Thank you.

Stephen Overturf is a retired college professor who has almost completed his fifth year being treated for multiple myeloma.

Kesem is a Child's Friend Through and Beyond a Parent's Cancer

Featuring a free sleepaway camp for kids 6-18 impacted by a parent's cancer to be held the second week of July in Santa Barbara

Kesem is a national nonprofit supporting children aged 6-18 affected by a parent's cancer. Founded in 2000, it has a growing network of over 4,000 student leaders across 120 college campuses.

Kesem at Cal Poly SLO offers free, year-round services to local children, including Friends and Family Days, care packages, and our flagship program, Camp Kesem—a free, week-long summer camp. Camp provides kids with a safe, supportive space to have fun, connect, and heal alongside others who understand their unique challenges. Through activities and meaningful connections, campers build resilience, form friendships, and experience joy in a nurturing environment.

Our community is inclusive and inspiring, offering children and families a sense of belonging and understanding. Many kids feel isolated in their experiences, but Camp Kesem fosters friendships and shared understanding that last far beyond the week of camp. When we allow kids the chance to escape the hardships of dealing with a parent's diagnosis, they are able to fully experience their childhood and be their best selves. Witnessing campers' growth and happiness is deeply rewarding.

Student leaders play a pivotal role, fundraising to support services, organizing camp, recruiting staff, and building relationships with families and the community. For them, Kesem is life-changing, offering a sense of purpose and connection they describe as "Kesem love and magic."



Supporting Kesem leaves a lasting impact on the children, their families, and everyone involved. If you know a family in need, want to volunteer, or wish to support us financially, contact calpolyslo@kesem.org or visit kesem.org.

Kesem provides free summer camps, day programs, and virtual meet-ups for youth and adolescents facing a parent's cancer to connect with peers, process their experiences, and have fun.



Email to learn more:
calpolyslo@kesem.org
kesem.org



A milestone is underway...

A New Comprehensive Cancer Center is Coming to San Luis Obispo!

We are excited to announce that construction has now begun on a new, state-of-the-art comprehensive cancer center in San Luis Obispo—and the Hearst Cancer Resource Center will be located at the heart of it!

This development is the result of a partnership between Dignity Health and several local physician groups, aimed at addressing an unmet need for local cancer patients.

For the first time in San Luis Obispo County, a full array of cancer treatments and services will be provided under one roof, enhancing the team-based care approach, improving convenience for patients and elevating cancer care in our community. The HCRC, currently located at French Hospital, will be relocated to this new complex.

The cancer center will be easily accessible, conveniently located near the corner of Tank Farm and Broad Street in San Luis Obispo. Construction on the two-story, 58,650 square foot building is scheduled to begin in early 2025 and is slated to be complete in early 2026.

The new comprehensive cancer center will include:

- Hearst Cancer Resource Center
- Medical oncology and hematology physicians
- Infusion therapy services
- Advanced diagnostic imaging
- Leading-edge radiation oncology
- Ambulatory Surgery Center, including general and oncology surgery
- Urology services

With all these services in one convenient location, a full scope of cancer care will be easily accessible to patients and their families. Such an undertaking will truly take a village and demand on the HCRC will be greater than ever.

Stay tuned for more updates as we progress toward this important milestone in our cancer care landscape!



Tom Spillane, MD

Hematology/
Medical Oncology

PATIENT EDUCATION

March is National Colorectal Cancer Month

What does this mean? Well, first off: this is a reminder that getting screened is the best way to ensure early detection which provides the best chance of being cured.

The National Comprehensive Cancer Network (NCCN) guidelines recommend screening for people age 45 to 75 and up to 85 in certain individuals. High risk individuals (family history/genetic predisposition, inflammatory bowel disease or prior polyps) should have a colonoscopy. Average risk individuals may be candidates for screening via fecal based screening tests (check with your doctor). Fecal based screening tests look at occult blood and exfoliated DNA for evidence of cancer. Cologuard is an example of this and can be done from home and mailed in for analysis.

Second reminder: What's better than early detection? Prevention! Current recommendations are to maintain a healthy weight, stay physically active, and eat healthy. What constitutes a healthy diet? Some studies suggest that a healthy diet includes eating less red and processed meat and more fruits and veggies. Also drink less alcohol and do not smoke (no surprises here). Should we take vitamins? Experts recommend that we obtain nutrients from natural food sources rather than dietary supplements. Having said that, Vitamin D has shown to be beneficial in some studies and if low, should be supplemented. Low dose aspirin may be of benefit in higher risk patients.

Lastly, what's new in the way we treat colorectal cancer? So much that there is not enough space here to tackle this topic in adequate detail. Suffice it to say that management is with a multi-disciplinary team involving gastroenterologists, pathologists, surgeons, medical oncologists and radiation oncologists. The treatment plan depends on a number of factors such as the stage of the cancer as well as the cancer biology. Advancements in all aspects of care are resulting in better outcomes, more cures and longer survival times. Remember: Screening saves lives! Speak to your doctor about screening options. To learn more, please join our talk below.

Ask the Doctor: Colorectal Cancer Education

Advancements in all aspects of care are resulting in better outcomes, more cures and longer survival times. Join us to get your questions answered.

PRESENTED BY: Tom Spillane, MD

WHEN: Thursday, March 27, 2025 • 5:30 pm

WHERE: Wacker Family Auditorium, Copeland Health Education Pavilion at French Hospital/Third floor

To RSVP, contact: hcrc@dignityhealth.org or call 805.542.6234

Did you know? While overall colorectal incidence and mortality rates are decreasing, there is increasing incidence of colorectal cancer diagnoses in individuals younger than 50 years of age.

Prevent Six Cancers with the HPV Vaccine

The American Cancer Society recommends that boys and girls get the HPV vaccine between the ages of 9 and 12. Teens and young adults through age 26 who are not already vaccinated should get the HPV vaccine as soon as possible.

HPV, or Human Papillomavirus, is a common virus that can cause six types of cancer. While there is no treatment for HPV, there is a vaccine that can prevent it. If your son or daughter is between ages 9 and 12, talk to their doctor about the HPV vaccine. The vaccine is safe, effective, and long-lasting. Vaccinating your child



More than 35,000 people get HPV cancers in the United States every year. Don't let your child be one of them!

at the recommended ages can help keep them healthy well into adulthood and is the best way to prevent HPV cancers later in life.

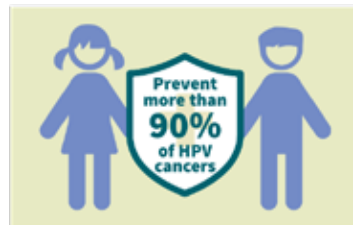
The virus is so common that it will infect most people at some point in their lives. Most infected people do not know it. The best way to help prevent HPV infection is to get

vaccinated. While most infections go away on their own without lasting health problems, there is no way to know which infections will turn into cancer. That is why it is important that all children get vaccinated against HPV.

The HPV vaccine is one of three vaccines that all pre-teens need. The others are:

- Tdap (tetanus, diphtheria, pertussis) vaccine
- MenACWY (meningitis) vaccine

HPV vaccination is safe and effective. Scientists and health organizations around the world closely monitor HPV vaccine safety and have found it to be safe and effective. Additionally, most health insurance covers the cost of the HPV vaccine, but you should check with your insurance company to make sure. Talk to your child's doctor about scheduling an appointment.



HPV vaccination can prevent more than 90% of HPV cancers when given at the recommended ages.



Spotlight on Program Energy Balancing

By Stacy Mitchell

Energy Balancing has been proven effective through dozens of peer reviewed studies to help significantly relieve stress, anxiety, and depression, reduce pain levels, release emotional blockages and accelerate the body's natural healing abilities. It is also complementary to western medical practices, which is why hundreds of hospitals and clinics across the country and the world have implemented programs like ours.

At the HCRC patients relax, fully clothed, covered in warm blankets if desired, in a darkened room with soft music playing and feel the energy of unconditional love coming from the hearts and hands of our practitioners.

Our all-volunteer team of certified energy practitioners has served the SLO county community uninterrupted since the HCRC opened its doors in 2008; for the past several years this team has consisted of Stacy Mitchell, Carolyn Casas, Denise Mueller, and Shannon Christensen. In 2025 we will continue to offer energy balancing at the HCRC the second Monday of the month, and virtually via zoom on the fourth Monday. Whether online or in person, we look forward to continuing this program for years to come! Please contact the HCRC to sign up. You are welcome to join us.


MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

Mindfulness Session  3
 4:30PM
 Virtual/Zoom Meeting
 Call HCRC to RSVP


4


Tai Chi Chih 5
 11:00AM offsite
 Call HCRC for details
Qigong
 3:00PM offsite
 Call HCRC for details


Nutritional Counseling  6
 by appointment


Intuitive Collage 7
 2:00–4:00PM
 Call HCRC to RSVP

Energy Balancing Session 10
 11:00AM–1:00PM onsite
 Call HCRC to RSVP

Breast Cancer Support Group  11
 5:45PM Virtual/Zoom
 Call HCRC to RSVP


Tai Chi Chih 12
 11:00AM offsite
 Call HCRC for details
All Blood Cancer Support Group 
 1:00–2:00PM
 In Person/Hybrid
 Call HCRC to RSVP



Nutritional Counseling  13
 by appointment

Nutritional Counseling  14
 by appointment


Acupuncture 17
 2:30PM onsite
 Call HCRC to RSVP
Prostate Cancer Support Group
 6:30PM onsite
 Call HCRC to RSVP

18


Tai Chi Chih 19
 11:00AM offsite
 Call HCRC for details
Qigong
 3:00PM offsite
Thriving with Advanced Cancer 
 5:15PM Virtual/Zoom
 Call HCRC to RSVP

Care-Partner Support and Discussion Group  20
 1:00–2:00PM
 In Person/Hybrid
 Call HCRC to RSVP
Nutritional Counseling 
 by appointment


Intuitive Collage 21
 2:00–4:00PM
 Call HCRC to RSVP

Energy Balancing Session  24
 11:00AM–12:30PM
 Virtual/Zoom Meeting
 Call HCRC to RSVP

Breast Cancer Support Group 25
 5:45PM In Person
 Call HCRC to RSVP

Tai Chi Chih 26
 11:00AM offsite
 Call HCRC for details
Cancer Patient Support Group 
 1:00PM Virtual/Zoom
 Call HCRC to RSVP

Ask the Doctor: Updates in Colorectal Cancer 27
 5:30PM in person
 Call HCRC to RSVP

Nutritional Counseling  28
 by appointment

31

Key

-  Phone appointment
-  Zoom/Virtual Meeting
- BLUE** Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Intuitive Collage, Qigong, Yoga
- GREEN** Education
- ORANGE** Support Group

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite
Call HCRC for details

4

Nutritional Counseling ⓘ
by appointment

5

Intuitive Collage
2:00–4:00PM
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

7

Mindfulness Session ⓘ
4:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

8

Breast Cancer Support Group ⓘ
5:45PM Virtual/Zoom
Call HCRC to RSVP

9

Tai Chi Chih
11:00AM offsite
Call HCRC for details

All Blood Cancer Support Group ⓘ
1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

10

Nutritional Counseling ⓘ
by appointment

11

Nutritional Counseling ⓘ
by appointment

14

Energy Balancing Session
11:00AM–1:00PM onsite
Call HCRC to RSVP

15

16

Tai Chi Chih
11:00AM offsite

Qigong
3:00PM offsite

Thriving with Advanced Cancer ⓘ
5:15PM Virtual/Zoom

Presentación en español
5:30PM Paso Robles

17

Care-Partner Support and Discussion Group ⓘ
1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

18

Intuitive Collage
2:00–4:00PM
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

21

Acupuncture
2:30PM onsite
Call HCRC to RSVP

Prostate Cancer Support Group
6:30PM onsite
Call HCRC to RSVP

22

Breast Cancer Support Group
5:45PM In Person
Call HCRC to RSVP

23

Tai Chi Chih
11:00AM offsite

Cancer Patient Support Group ⓘ
1:00PM Virtual/Zoom
Call HCRC to RSVP

24

Nutritional Counseling ⓘ
by appointment

25

Nutritional Counseling ⓘ
by appointment

28

Energy Balancing Session ⓘ
11:00AM–12:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

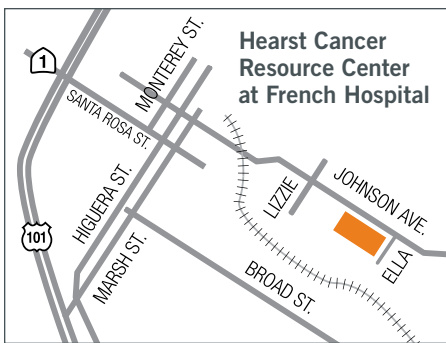
29

30

HCRC CLASSES, GROUPS & PROGRAMS

Color Key:

- **SAN LUIS OBISPO (SLO)**
Hearst Cancer Resource Center (HCRC)
1941 Johnson Avenue, Suite 201
- **VIRTUAL/ZOOM SESSION**
Call for phone consultation
- **COMMUNITY PARTNER OFFERING**



GETTING STARTED

Patient Orientation

Get to know us and the services we provide so we can better support your journey. Please call our office so we can help you get oriented with our services prior to attending support groups or classes.

- **HCRC, SLO**
By appointment:
805.542.6234 English
805.786.6130 Español

SUPPORT GROUPS

All Blood Cancer Support Group

Helping individuals and families cope with diagnosis and treatment of Leukemia, Lymphoma, Myeloma and Myelodysplastic syndrome (MDS).

- **HCRC, SLO (Zoom available)**
2nd Wednesday; 1:00PM
Call 805.542.6234 to RSVP

Breast Cancer Support Group

A support group focusing on breast cancer, the journey and sharing valuable information and resources. Meetings will be hosted both in person and via Zoom.

- **HCRC, SLO (Zoom)**
2nd Tuesday; 5:45PM

- **HCRC, SLO (In Person)**
4th Tuesday; 5:45PM

Call 805.542.6234 to RSVP

Cancer Patient Support Group

For newly-diagnosed patients or recently out of treatment to encourage a sense of family with those in a similar place in their care.

- **HCRC, SLO (Zoom)**
4th Wednesday; 1:00PM

Call 805.542.6234 for link

Care-Partner Support and Discussion Group

Support for the special needs of caregivers and people taking care of a loved one with cancer.

- **HCRC, SLO (Zoom available)**
3rd Thursday; 1:00PM

Call 805.542.6234 to RSVP

Grupo de Apoyo de Cáncer

Si usted o alguien de su familia sufren de cáncer, acompáñenos para discutir temas de cómo combatir y sobrevivir la enfermedad.

Llame a Eloisa al 805.786.6130

Pediatric Oncology Patient and Family Support

Support in English and Spanish for children, teens and parents.

- **HCRC, SLO**
805.542.6234 English
805.786.6130 Español

Prostate Cancer Support Group

Information, encouragement and support for patients and survivors.

- **HCRC, SLO**
3rd Monday; 6:30PM

Call 805.542.6234 to RSVP

Thriving with Advanced Cancer Support Group

This group is designed to create a safe haven for patients to find comfort and support in navigating an advanced cancer diagnosis. The specific needs and concerns of patients with advanced, metastatic or recurrent cancer are addressed.

- **HCRC, SLO (Zoom)**
3rd Wednesday; 5:15PM

Call 805.542.6234 to RSVP

EDUCATIONAL LECTURES

— MARCH —

Ask the Doctor:

Colorectal Cancer Education

Presenter: Tom Spillane, MD

Advancements in all aspects of care are resulting in better outcomes, more cures and longer survival times. Join us to get your questions answered. (See page 4 for more information.)

- **HCRC, SLO (onsite)**
Thursday, March 27; 5:30PM
Wacker Family Auditorium
(Copeland Health Education Pavilion at French Hospital/Third floor)
Call 805.542.6234 to register

— APRIL —

En Español:

Actualizaciones en la atención y prevención del cáncer de sangre (Updates in Blood Cancer Care and Prevention)

Presentadores: Lin Soe, MD, y Eloisa Medina, Navegadora de pacientes bilingüe

Únase a nosotros para una discusión sobre nuevas actualizaciones en cáncer de sangre e información sobre la prevención del cáncer.

- **Paso Robles (in situ)**
Miércoles, 16 de Abril; 5:30PM
Oak Park 2 Community Room
901 30th Street, Paso Robles
Llame a Eloisa al 805.786.6130

HCRC CLASSES, GROUPS & PROGRAMS

WELLNESS PROGRAMS

Acupuncture Class

Acupuncture is a popular treatment for health complaints, including anxiety, pain and insomnia.

- **HCRC, SLO**

3rd Monday; 2:30PM

Held in person, seating is limited.

Call 805.542.6234 to register

Beauty and You

Schedule an appointment in our center to regain a renewed sense of self, strength and confidence. Learn skin care tips, how to wear hats and wigs and the art of applying make-up.

- **HCRC, SLO**

Call 805.542.6234 to register

Cancer Rehabilitation

A 12-week group program including strengthening and aquatic exercise offered in both Santa Maria and Arroyo Grande.

Assessment required

SM: call 805.346.3413 to RSVP

AG: call 805.474.5334 to RSVP

Cancer Well-Fit

A supervised 10-week exercise program for first year survivors and those within two years post treatment. Physician medical release required.

- **Avila Bay Athletic Club & Spa**

Call 805.595.7600 x122

- **Paso Robles Sports Club**

Call Kathy at 805.610.6486

Scan the QR code below to learn more about HCRC programs and services



Need support? Meet our Clinical Social Worker

No cost services include:

- Help to address psychosocial, social, emotional and spiritual issues
- Information and referrals to community resources
- Access to financial and social services
- Work with your health care team to maximize support

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



**Ashley Hahn,
MSW, LCSW**

Counseling

Patient, family and caregiver counseling offered by Cancer Support Community—CA Central Coast.

- *Call 805.238.4411*

Energy Balancing

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

- **HCRC, SLO (onsite by appt.)**

2nd Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

4th Monday; 11:00AM

Call 805.542.6234 to RSVP

Intuitive Collage

Explore ideas using colorful pictures, meaningful words and phrases that appeal to you in a personal way.

- **HCRC, SLO**

Select Fridays; 2:00PM

Call 805.440.8834 to register

Lymphedema Evaluation

- **HCRC, SLO**

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

Mindfulness

Experience the healing energy and calmness a gentle guided mindfulness session can bring.

- **HCRC, SLO (Zoom)**

1st Monday; 4:30PM

Call 805.542.6234 to RSVP

Nutritional Counseling

One-on-one phone or in-person consultation with a Registered Dietitian. Appointment required.

- **HCRC, SLO call 805.542.6234**

Qigong

Involves flowing movements coordinated with deep-breathing to increase energy, improve health, balance, flexibility and stamina. *In-person and outside*

- **HCRC, SLO (hosted offsite)**

1st and 3rd Wednesdays; 3:00PM

Call 805.542.6234 to RSVP

T'ai Chi Chih

This exercise uses slow, rhythmic movements which helps to promote circulation and stimulate the lymphatic system, as well as improve energy, balance and flexibility.

In-person and outside

- **HCRC, SLO (hosted offsite)**

Every Wednesday; 11:00AM

Call 805.542.6234 to RSVP

Yoga (Restorative) *In-person*

Gentle yoga classes feature slower paced movements focusing on strength, balance, and flexibility. Please bring a yoga mat.

- **HCRC, SLO**

Please call for schedule

Call 805.542.6234 for details and to RSVP

WIGS ACCEPTED

If you have a wig to donate, please call **805.542.6234**.

Wigs will be professionally cleaned.

ADDITIONAL DIGNITY HEALTH CLASSES, GROUPS, & PROGRAMS

SUPPORT GROUPS

Breast Cancer Support Group

Support group focusing on breast cancer, the journey and sharing valuable information and resources to help manage the physical, emotional and practical issues a breast cancer diagnosis can bring.

- **MHCC, SM (Zoom only)**
Call 805.219.HOPE to RSVP

Breast Cancer Support Group

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

- **MHCC, SM**
Call 805.219.HOPE for specific details and to register

Support for People with Oral, Head, and Neck Cancer (SPOHNC)
SPOHNC offers support for dealing with the unique challenges of oral, head and neck cancer.

- **MHCC, AG (Zoom available)**
Call 805.219.HOPE to register

WELLNESS PROGRAMS

Aquatic Therapy Class

Benefits include increased joint flexibility and range of motion while decreasing pain and swelling.

- **Allan Hancock College, SM**
RSVP and assessment required; please call John Malinowski at 805.346.3413 (SM) or 805.474.5334 (AG)

Art Therapy

A variety of creative classes offered; instruction and materials are provided. Please call for class details.

- **MHCC, SM/AG**
Held in-person, seating is limited.
SM: Call 805.219.HOPE
AG: Call 805.474.5303

Barre Class

A low impact class that combines ballet, yoga and Pilates; suitable for all ages and abilities.

- **MHCC, AG**
Reservation and assessment required; call 805.474.5334

Fight Against Falls Exercise Class

Learn to reduce the risk of falls and how to condition your muscles to battle muscle fatigue.

- **MHCC, AG**
Reservation and assessment required, please call 805.474.5334

Gentle Stretching

Gentle range of motion exercises to target muscle groups resulting in reduced pain.

- **MHCC, AG**
Reservation and assessment required, please call 805.474.5334

Golf

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

- **Monarch Dunes, Nipomo**
Call 805.346.3413 for details

Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors and those battling chronic conditions.

- **MHCC, AG**
Reservation and assessment required; call 805.474.5334

Nutrition and Exercise Support

An exciting class which combines delicious recipes and nutrition advice with practical exercise tips.

- **MHCC, SM**
Reservations required:
805.219.HOPE (4673)

OUTSIDE THE AREA

Please note: the classes on this page are held in nearby towns, not in San Luis Obispo. Please call the numbers listed for more information.

Pelvic Floor Strengthening Class for Prostate Cancer Survivors

This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

- **Marian Health & Wellness, SM**
Call 805.346.3413 to RSVP

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

- **MHCC, AG**
Assessment required
Call 805.474.5334 to RSVP

Yoga (Restorative) *In-person*

Classes feature slower paced movements focusing on balance and flexibility. Please bring a yoga mat.

- **MHCC, AG**
Reservation and assessment required, please call 805.474.5334

SPANISH • ESPAÑOL

Clases de Arte

En cada clase aprenderemos una nueva actividad para crecer nuestras habilidades artísticas y darnos ánimo.

- **MHCC, SM**
Favor de llamar a 805.219.HOPE (4673) para registrarse

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.

- **MHCC, SM**
Por favor llame para reservar 805.219.HOPE (4673)

Consulte la página 8 para conocer nuestro evento educativo de abril que se llevará a cabo en español.

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
Please call for an appointment

Thomas Spillane, MD
Medical Director

Shannon D’Acquisto
Director, Cancer Survivor
HCRC@dignityhealth.org

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator

Ashley Hahn, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Angela Fissell, RD
Registered Dietitian

Lisa Steinbeck
Cancer Registrar

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey Street, #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 ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*
Gorgun Akpek, MD, MHS
Robin DiBiase, NP, OCN
Daniel Lewis, MD
James Malone III, MD
Lin Soe, MD
Betty Arvizu, NP

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

DIGNITY CANCER CARE CENTRAL COAST

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

850 Fair Oaks Avenue
Arroyo Grande, CA 93420
805.474.5300

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

ADDITIONAL SERVICES

Dignity Health Home Health
& Hospice
805.739.3830

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
17strong.org

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdba.org

DreamMakers SLO
dreammakerslo.com

Hats for Hope
hatsforhope.com

Jack’s Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

SabesWings
SabesWings.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org

Hearst Cancer Resource Center

Mailing address:
1911 Johnson Avenue,
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HCRC Advisory Committee

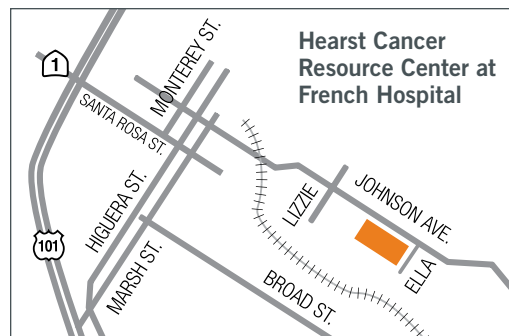
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Julia Fogelson, MSN, RN—CNE
Tessa Espinoza—CPO
Thomas Vendegna, MD—CMO

Committee Members

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Hearst Cancer Resource Center



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Commission on Cancer Community Cancer Program

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