

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

31




1

Breast Cancer Support Group 


5:45PM Virtual/Zoom

2

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


Music for Teens 

4:15PM Virtual/Zoom


Guided Meditation 

5:00PM Virtual/Zoom

3

Nutritional Counseling 

by phone appointment

Living with Advanced Cancer 


3:00PM
Virtual/Zoom Meeting


4

7

8

Cancer Patient Support Group
1:00PM onsite
Call HCRC to RSVP

Spanish Support Group  3:00PM
Call HCRC to RSVP


Breast Cancer Support Group 

5:45PM Virtual/Zoom

9


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

All Blood Cancer Support Group
1:00–2:00PM onsite
Call HCRC to RSVP

Education: Caregiver and Spirituality Discussion 

5:30PM Virtual/Zoom
Call HCRC to RSVP

10

Nutritional Counseling 

by phone appointment

11

14


Energy Balancing Session
11:00AM–12:00PM
Onsite
Call HCRC to RSVP

15

Breast Cancer Support Group
5:45PM onsite


16

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


Education: Navigating Grief During the Holidays 

5:00–7:00PM
Virtual/Zoom Meeting
To reserve call 805.219.HOPE (4673)

17

Living with Advanced Cancer 

3:00PM
Virtual/Zoom Meeting

Restorative Yoga 

4:00PM
Virtual/Zoom Meeting
Call HCRC to RSVP

18


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

21


NEW Acupuncture
2:30PM onsite
Call HCRC to RSVP

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

22

Cancer Patient Support Group 


1:00PM Virtual/Zoom
Call HCRC to RSVP

Breast Cancer Support Group 

5:45PM Virtual/Zoom

23

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

Nutritional Counseling 

by phone appointment

24




Closed in observance of Thanksgiving

25

happy
Thanksgiving Day


Closed in observance of Thanksgiving

28

Energy Balancing Session 

11:00AM–12:00PM
Virtual/Zoom Meeting
Call HCRC to RSVP

29

Breast Cancer Support Group 

5:45PM Virtual/Zoom

30

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

Please contact Hearst Cancer Resource Center for more information about our classes or to get started with our programs:
Telephone: 805.542.5234
Email: HCRC@dignityhealth.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key



Phone appointment



Zoom/Virtual Meeting

BLUE

Wellness, Qigong, Guided Meditation, Tai Chi Chih, Nutrition, Yoga

GREEN

Education

ORANGE

Support Group

Living with Advanced Cancer 1
3:00PM
Virtual/Zoom Meeting

Nutritional Counseling
by phone appointment

Look for us at the 46th Annual Downtown SLO Holiday Parade! 2
7:00–9:00PM

Nutritional Counseling 8
by phone appointment

9

Breast Cancer Support Group 6
5:45PM Virtual/Zoom

Tai Chi Chih 7
11:00AM offsite
Call HCRC for details

Qigong Class
3:00PM offsite
Call HCRC for details

Music for Teens
4:15PM Virtual/Zoom

Guided Meditation
5:00PM Virtual/Zoom

Nutritional Counseling 15
by phone appointment

Intuitive Collage 16
2:00–4:00PM
Call HCRC to RSVP

Cancer Patient Support Group 13
1:00PM onsite
Call HCRC to RSVP

Spanish Support Group
3:00PM Call to RSVP

Breast Cancer Support Group
5:45PM Virtual/Zoom

Tai Chi Chih 14
11:00AM offsite
Call HCRC for details

All Blood Cancer Support Group
1:00–2:00PM
Virtual/Zoom

Qigong Class
3:00PM offsite
Call HCRC for details

Living with Advanced Cancer 15
3:00PM
Virtual/Zoom Meeting

Restorative Yoga
4:00PM
Virtual/Zoom Meeting
Call HCRC to RSVP

NEW Acupuncture 19
2:30PM onsite
Call HCRC to RSVP

Breast Cancer Support Group 20
5:45PM onsite

Tai Chi Chih 21
11:00AM offsite
Call HCRC for details

Qigong Class
3:00PM offsite
Call HCRC for details

Nutritional Counseling 22
by phone appointment

23
Closed in observance of Christmas

26
Closed in observance of Christmas

27

28

29

30
Closed in observance of New Year's Eve

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Locations

- **SAN LUIS OBISPO (SLO)**
Hearst Cancer Resource Center (HCRC)
1941 Johnson Avenue,
Suite 201
- **SANTA MARIA (SM)**
Mission Hope Cancer Center (MHCC)
1325 East Church Street

Marian Health & Wellness Center
1207 East Main Street
- **ARROYO GRANDE (AG)**
Mission Hope Cancer Center
850 Fair Oaks Avenue
- **PASO ROBLES (PR)**
Oak Park 3 Community Room
3120 Pine Street
- **VIRTUAL/ZOOM SESSION**
Call for phone consultation
- **COMMUNITY PARTNER OFFERING**
- **EN ESPAÑOL**

GETTING STARTED

Patient Orientation

Get to know us and the services we provide so we can better support your journey.

- **HCRC, SLO**

By appointment:
805.542.6234 English
805.786.6130 Español

- **MHCC, SM**

By appointment:
805.219.HOPE (4673) English

- **MHCC, AG**

By appointment:
805.474.5303 English
805.346.3410 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**

November 9; 1PM

- **HCRC, SLO (Zoom)**

December 14; 1PM

Call 805.542.6234 to RSVP

Grupo de Apoyo de Cáncer (Spanish Support Group)

Si usted o alguien de su familia sufre de cáncer, acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

- **HCRC, SLO (Zoom)**

El segundo martes de cada mes; 3PM

Llame a Teresa al 805.458.4526

Breast Cancer Support Group

A support group focusing on breast cancer, the journey and sharing valuable information and resources.

- **HCRC, SLO**

3rd Tuesday; 5:45PM

- **HCRC, SLO (Zoom)**

Tuesdays (except 3rd); 5:45PM
Call 805.542.6234 to RSVP

- **MHCC, SM (Zoom)**

1st and 3rd Tuesdays; 4PM

Please call Mission Hope Cancer Center at 805.346.3402 to register

Breast Cancer Support Group for Young Women

Our newest breast cancer support group addresses the unique challenges young women face. We provide resources, support and education.

- **MHCC, SM**

November 30; 5:30PM

Wreath Making

December 28; 5:30PM

Christmas Party/Journal Writing

RSVP required; call 805.346.3405

Metastatic Breast Cancer Support Group

This group is specifically designed for the unique needs of metastatic cancer patients.

- **MHCC, SM**

December 21; 1PM

Option for zoom or in-person; call 805.346.3405 to RSVP

Cancer Patient Support Group

For newly diagnosed patients or recently out of treatment, we are here to offer support and help patients gain a sense of family with others in a similar part of their journey.

- **HCRC, SLO**

2nd Tuesday; 1–2:30PM

- **HCRC, SLO (Zoom)**

4th Tuesday; 1–2:30PM

Call 805.542.6234 to RSVP

Family Caregiver Support

Get together with those who understand their concerns, share helpful strategies and lend support.

- **HCRC, SLO**

Call 805.542.6234 for support

- **MHCC, SM**

Nov. 30 & Dec. 14; 1PM

Call 805.219.HOPE to RSVP

Gynecologic Cancer Support Group

Individuals with gynecologic cancers share experiences and establish a new support system.

- **MHCC, SM (Zoom)**

2nd Tuesday; 4:30 PM

Call 805.346.3441 to register

Living with Advanced Cancer Support Group

A safe haven for patients to find comfort and support in navigating an advanced or metastatic cancer. Learn to make informed choices, implement important life changes, develop new attitudes, and forge meaningful personal connections.

- **HCRC, SLO (Zoom)**

1st and 3rd Thursday; 3PM

Call 805.542.6234 to RSVP

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Pediatric Oncology Patients and Families Support

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

- **HCRC, SLO (Zoom)**

805.542.6234 English
805.786.6130 Español

- **MHCC, SM (Zoom)**

805.219.HOPE (4673)

Prostate Cancer Support Group

Information, encouragement and support for newly-diagnosed patients and survivors.

- **HCRC, SLO**

November 21; 6:30PM

Call 805.542.6234 to RSVP

Support for People with Oral, Head, and Neck Cancer (SPOHNC)

SPOHNC offers information, support and encouragement.

- **MHCC, SM (Zoom)**

December 13; 3:30PM

Guest Speaker: Katie Crafton
MSW, LCSW; call 805.219.HOPE
(4673) to register

EDUCATIONAL LECTURES

— NOVEMBER —

Caregivers and Spirituality Discussion

Presented by Flora Washburn, BCC, Spiritual Care Manager

Caregivers may neglect self care in their day to day activities, forgetting to create space for themselves spiritually, emotionally and mentally, as well as physically. Join us to learn how to tap into your spirituality.

- **HCRC, SLO (Zoom)**

Wednesday, November 9; 5:30PM

Call 805.542.6234 or email

HCRC@dignityhealth.org to RSVP

Navigating Grief During the Holidays

A free informal discussion focusing on helpful strategies to cope with sadness and other common feelings related to loss—especially during the holidays.

November events continue

- **MHCC, SM**

Wednesday, November 16; 5PM

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

SELF-HELP 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 RSVP

Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50%. Benefits include joint flexibility and less pain.

- **Allan Hancock College, SM**

November 4, 18

RSVP and assessment required;

please call John Malinowski

at 805.346.3413 (SM) or

805.474.5334 (AG)

Art Therapy

Art workshops employing a variety of techniques to help boost creative expression. Materials provided.

- **MHCC, SM & AG**

Held in-person, seating is limited.

SM: Call 805.219.HOPE to RSVP

AG: Call 805.474.5334 to RSVP

Beauty and You

Visit our appearance center to regain a renewed sense of self and confidence. Learn skin care tips, the art of applying make-up. Free hats and wigs.

- **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

Circuit Training

Circuit training involves aerobic and anaerobic exercises done in a circuit. A fitness assessment and medical release is required for this class.

- **Marian Health & Wellness, SM**

November 2, 9, 16, 30;

December 7, 14, 21; 9AM

RSVP and assessment required:

call 805.346.3413

Counseling

Patient, family and caregiver counseling offer 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**

2nd Monday; 11AM

- **HCRC, SLO (Zoom)**

November 28; 11AM

Call 805.542.6234 to RSVP

Fight Against Falls Exercise Class

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

- **Marian Health & Wellness, SM**

November 4, 11, 18 &

December 2, 9, 16

Reservation and assessment

required, please call 805.346.3413

- **MHCC, AG**

November 3, 10, 17 &

December 1, 8, 15, 22

Reservation and assessment

required, please call 805.474.5334

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

First Steps in Nutrition and Physical Activity

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

- **MHCC, SM**

November 8 & December 13
Call 805.219.HOPE to RSVP

Guided Meditation

Experience a gentle guided meditation session.

- **HCRC, SLO (Zoom)**

1st Wednesday; 5PM
Call 805.542.6234 to RSVP

Intuitive Collage (Now on Fridays)

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

- **HCRC, SLO**

3rd Friday; 2–4PM
Call 805.542.6234 to register

Jewelry Making Class

Join us for a fun and relaxing time as participants make two pairs of earrings.

- **MHCC, SM**

December 2; 10AM
Call 805.219.HOPE to RSVP

Lymphedema Evaluation

- **HCRC, SLO**

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

Lymphedema Prevention Exercise

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

- **Marian Health & Wellness, SM**

Tuesdays
Reservation and assessment required; call 805.346.3413

- **MHCC, AG**

Mondays
Reservation and assessment required; call 805.474.5334

Please note: The class schedule has been adjusted in honor of the holidays. No classes held from December 26 through 30; the HCRC office will be closed on December 23, 26 and 30.

Music for Teens (New time)

Join Joey to learn how to create beats and computer generated music.

Open to teens affected personally by cancer themselves or in their family.

- **HCRC, SLO (Zoom)**

1st Wednesday; 4:15PM
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

- **MHCC, SM & AG**

SM: call 805.346.3413
AG: call 805.474.5334

Pelvic Floor Strengthening Class for Prostate Cancer Survivors

Featuring exercises that help strengthen the pelvic floor.

- **Marian Health & Wellness, SM**

2nd Wednesdays
Call 805.346.3413 to RSVP

Qigong (New time)

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

In-person and outside

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

December 7, 14, 21; 3PM
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; 11AM
Call 805.542.6234 to RSVP

TRX

The benefits of training with TRX are many, from getting stronger and having better balance to increasing stamina and more.

- **MHCC, AG**

November 3, 10, 17 & December 1, 8, 15, 22
Assessment required
Call 805.474.5334 to RSVP

Yoga (Restorative)

Gentle yoga classes incorporate simple flowing sequences and slower paced movements focusing on strength, balance, and flexibility.

- **HCRC, SLO (Zoom)**

3rd Thursday; 4PM
Call 805.542.6234 to RSVP

- **Marian Health & Wellness, SM**

November 3, 10, 17
Call 805.346.3413 to RSVP

- **MHCC, AG**

November 7, 14, 21 & December 5, 12
Reservation and assessment required, please call 805.474.5334

Your Story Matters

This course is filled with discovering, writing, and sharing your own remarkable life stories as well as reflecting on why your story matters. No writing experience is necessary.

- **MHCC, SM**

November 3, 17 & December 1, 15; 3PM
Reservations required; please call Mission Hope Cancer Center at 805.219.HOPE (4673)

WIGS NEEDED

If you would like to donate one, please call 805.542.6234. All wigs will be professionally cleaned.

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

Lauren Jermstad, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Teresa Fernandez
Lay Patient Navigator
805.458.4526—en español

Angela Fissell, RD
Registered Dietitian

Ramie Castilleja
Program Coordinator

Lisa Steinbeck
Cancer Registrar

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

Katherine Guthrie
*Senior Regional Director,
Cancer Services*

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

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*

Gorgun Akpek, MD, MHS
Robin DiBiase, NP, OCN
James Malone III, MD
Tim Soucek, PA
Lin Soe, MD

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

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

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

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

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,
San Luis Obispo, CA 93401

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

HCRC Advisory Committee

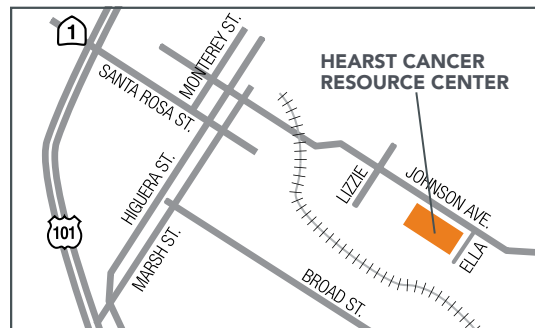
French Hospital Medical Center

Alan Iftiniuk—PRESIDENT AND CEO
Julia Fogelson, MSN, RN—COO, CNE
Debby Nicklas—VP PHILANTHROPY
Thomas Vendegna, MD—CMO
Debbie Wettlaufer—CFO

Committee Members

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Gayle Cekada, MD
Stephen Hearst
Stephen Hilty, MD
Robert Johnson, MD
Noreen Martin
Susan Minker, MD
Don Oberhelman
Colleen Russell, DPT
Thomas Spillane, MD
Jackie Starr
Christine Williams

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

