

MONDAY

Questions?  
Please contact us:  
  
Telephone:  
805.542.5234  
  
Email: HCRC@  
dignityhealth.org

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

4

\* H A P P Y \*  
*Labor Day*

Office closed for  
Labor Day

5

**Tai Chi Chih**

11:00AM offsite  
Call HCRC for details

**Qigong**

3:00PM offsite  
Call HCRC for details

**Guided Meditation** 

5:00PM Virtual/Zoom

6

**Nutritional Counseling** 

by phone appointment

7

**Intuitive Collage**

2:00–4:00PM  
Call HCRC to RSVP

8

11

**Energy Balancing Session**

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

12

**Breast Cancer Support Group** 

5:45PM Virtual/Zoom

13

**Tai Chi Chih**

11:00AM offsite  
Call HCRC for details

**All Blood Cancer Support Group**

1:00–2:00PM onsite  
Call HCRC to RSVP

14

15

**Nutritional Counseling** 

by phone appointment

18

**Acupuncture**

2:30PM onsite

**Prostate Cancer Support Group**

6:30PM onsite  
Call HCRC to RSVP

19

**Tai Chi Chih**

11:00AM offsite  
Call HCRC for details

**Qigong**

3:00PM offsite  
Call HCRC for details

**Thriving with Advanced Cancer** 

6:00PM Virtual/Zoom  
Call HCRC to RSVP

20

21

**Nutritional Counseling** 

by phone appointment

**Restorative Yoga**

4:00PM  
onsite  
Call HCRC to RSVP

22

25

**Energy Balancing Session** 

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

**Floral Arrangement Class**

1:00PM onsite  
Call HCRC to RSVP

26

**Breast Cancer Support Group**

5:45PM onsite  
Call HCRC to RSVP

27

**Tai Chi Chih**

11:00AM offsite  
Call HCRC for details

**Cancer Patient Support Group** 

1:00PM Virtual/Zoom  
Call HCRC to RSVP

28

29

**Nutritional Counseling** 

by phone appointment

## MONDAY

**Nutritional Counseling** ☎

by phone appointment

## TUESDAY

**Breast Cancer Support Group** 💻

5:45PM Virtual/Zoom

## WEDNESDAY

**Tai Chi Chih**11:00AM offsite  
Call HCRC for details**Qigong**3:00PM offsite  
Call HCRC for details**Guided Meditation** 💻

5:00PM Virtual/Zoom

## THURSDAY

**Nutritional Counseling** ☎

by phone appointment

## FRIDAY

**Intuitive Collage**2:00–4:00PM  
Call HCRC to RSVP**Energy Balancing Session**11:00AM–1:00PM  
onsite  
Call HCRC to RSVP**Acupuncture**2:30PM onsite  
Call HCRC to RSVP**Prostate Cancer Support Group**6:30PM onsite  
Call HCRC to RSVP**Panel Presentation:  
Let's Talk About  
Breast Cancer,  
Genetics and  
Menopause**5:30PM onsite  
Call HCRC to RSVP**Tai Chi Chih**11:00AM offsite  
Call HCRC for details**All Blood Cancer Support Group** 💻

1:00–2:00PM Zoom

**Nutritional Counseling** ☎

by phone appointment

**Nutritional Counseling** ☎

by phone appointment

**Tai Chi Chih**

11:00AM offsite

**Qigong**

3:00PM offsite

**Thriving with Advanced Cancer** 💻6:00PM Virtual/Zoom  
Call HCRC to RSVP**Nutritional Counseling** ☎

by phone appointment

**Restorative Yoga**4:00PM  
onsite  
Call HCRC to RSVP**Intuitive Collage**2:00–4:00PM  
Call HCRC to RSVP**Energy Balancing Session** 💻11:00AM  
Virtual/Zoom Meeting  
Call HCRC to RSVP**Floral Arrangement Class**1:00PM onsite  
Call HCRC to RSVP**Breast Cancer Support Group**5:45PM onsite  
Call HCRC to RSVP**Tai Chi Chih**11:00AM offsite  
Call HCRC for details**Cancer Patient Support Group** 💻1:00PM Virtual/Zoom  
Call HCRC to RSVP**Nutritional Counseling** ☎

by phone appointment

**Nutritional Counseling** ☎

by phone appointment

**Nutritional Counseling** ☎

by phone appointment

**Key**

Phone appointment



Zoom/Virtual Meeting

**BLUE**Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih,  
Nutritional Counseling, Qigong, Yoga**GREEN**

Education

**ORANGE**

Support Group

# 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. Please call our office to get oriented with our services prior to attending support groups or classes.

- **HCRC, SLO**  
*By appointment:*  
805.542.6234 English  
805.786.6130 Español
- **MHCC, SM**  
*By appointment: English/Español*  
805.219.HOPE (4673)
- **MHCC, AG**  
*By appointment: English/Español*  
805.474.5303

## SUPPORT GROUPS

### All Blood Cancer Support Group

Helping individuals and families cope with diagnosis and treatment of Leukemia, Lymphoma, Myeloma and Myelodysplastic syndrome (MDS).  
*Alternating between Zoom and in-person*

- **HCRC, SLO (onsite)**  
September 13; 1:00PM
- **HCRC, SLO (Zoom)**  
October 11; 1:00PM  
*Call 805.542.6234 to RSVP*

### Breast Cancer Support Groups

Support groups focusing on breast cancer, the journey and sharing valuable information and resources.

- **HCRC, SLO (Zoom)**  
2<sup>nd</sup> Tuesday; 5:45PM  
*Call 805.542.6234 to RSVP*
- **HCRC, SLO (onsite)**  
4<sup>th</sup> Tuesday; 5:45PM
- **MHCC, SM (Zoom)**  
Sept. 5, 19 & Oct 3, 17; 4:00PM  
*Call 805.474.5302 to RSVP*

### Breast Cancer Support Group for Young Women

This group addresses the unique challenges young women face as we gather to learn and share in some lighthearted fun together.

- **MHCC, SM**  
Thursday, September 28; 5:30PM  
*Walk on Pismo Pier*  
Monday, October 30; 5:00PM  
*Family Pizza Night*  
*Call 805.346.3405 to register*

### Cancer Patient Support Group

For newly diagnosed patients or recently out of treatment, offering support and helping patients gain a sense of family with those in a similar part of their journey.

- **HCRC, SLO (Zoom)**  
4<sup>th</sup> Wednesday; 1:00PM  
*Call 805.542.6234 to RSVP*

### Family Caregiver Support

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

- **HCRC, SLO**  
*Call 805.542.6234 for support*

### Empowering Minds Support Group

Join us for some fun activities as you establish a new support system.

- **MHCC, SM**  
September 19; 9:00AM  
*Autumn Wreaths*  
October 17; 9:00AM  
*Pumpkin Décor*  
*Call 805.219.HOPE to RSVP*

### Pediatric Oncology Patients and Families Support

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

- **HCRC, SLO**  
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**  
3<sup>rd</sup> Monday; 6:30PM  
*Call 805.542.6234 to RSVP*

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

SPOHNC offers support for the challenges of oral, head and neck cancer.

- **MHCC, AG (Zoom available)**  
Tuesday, October 17; 3:30PM  
*Topic: Saliva Replacement*  
*Call 805.219.HOPE to register*

### Thriving with Advanced Cancer Support Group

Support for the special needs and concerns of patients with Advanced and Metastatic Cancer.

- **HCRC, SLO (Zoom)**  
3<sup>rd</sup> Wednesday; 6:00PM  
*Call 805.542.6234 to RSVP*

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## EDUCATIONAL LECTURES

### — SEPTEMBER —

#### Girls Night Out Event

Panel discussion with Wei Bai, MD, Jonathan Tammela, MD, Ben Wilkinson, MD, Lisa Murray, MA, BCC, April Schirmer, ILCT, and Cristina Martins Sinco

Learn from this expert panel as they focus on the concerns of women. Appetizers and champagne served; raffle giveaways throughout evening. Question and answer session to follow.

- **MHCC, SM**  
September 20; 5:30PM  
Call 805.219.HOPE to RSVP

### — OCTOBER —

#### Panel Presentation: Breast Cancer, Genetics and Menopause

Bianca Russell, MD, Karen Song, MD, and Amanda Shrewsbury, MS

This team will present current information for women to navigate their long term breast health with confidence including genetic counseling.

- **HCRC, SLO (onsite)**  
Tuesday, October 17; 5:30PM  
Seating is limited; please call 805.542.6234 or email [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org) to RSVP

## SELF-HELP PROGRAMS

#### Acupuncture Class

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

- **HCRC, SLO**  
3<sup>rd</sup> Monday; 2:30PM  
Held in person, seating is limited.  
Call 805.542.6234 to register

#### Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50%. Benefits include increased joint flexibility and range of motion while decreasing pain and swelling.

- **Allan Hancock College, SM**

Every Friday  
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. Please call for specific class details.

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

#### Barre Class

Combining classic ballet dance movement with yoga and Pilates, Barre exercise is low impact and suitable for all ages and abilities.

- **MHCC, AG**  
Sept. 14 & Oct. 5, 12, 19, 26  
Reservation and assessment required; call 805.474.5334

#### 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

#### 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.

Alternating between Zoom and in-person

- **HCRC, SLO (onsite by appt.)**  
2<sup>nd</sup> Monday; 11:00AM–1:00PM
- **HCRC, SLO (Zoom)**  
4<sup>th</sup> Monday; 11:00AM  
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.

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

#### First Steps in Nutrition and Physical Activity

Class which combines nutrition advice with practical exercise tips.

- **MHCC, SM**  
Selected Tuesdays; 2:00PM  
September 12: Gut Health  
October 10: Breast Cancer Myths  
Reservations required:  
805.219.HOPE (4673)

#### Floral Arrangement Class (New)

Learn with Linda and take home your own creation. Flowers provided.

- **HCRC, SLO**  
4<sup>th</sup> Monday; 1:00PM  
Call 805.542.6234 to RSVP

#### Golf

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

- **Monarch Dunes, Nipomo**  
Sept. 13, 27 & Oct. 11, 25  
Call 805.346.3413 for details

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## Guided Meditation

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

### ●● **HCRC, SLO (Zoom)**

1<sup>st</sup> Wednesday; 5:00PM

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**

Sept. 8, 22 & Oct. 6, 20; 2:00PM

Call 805.542.6234 to register

## 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.

### ● **MHCC, AG**

Most Mondays (not Sept. 4)

*Reservation and assessment  
required; call 805.474.5334*

## 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

Learn the exercises that could help strengthen your pelvic floor.

### ● **Marian Health & Wellness, SM**

Sept. 8, 22 & Oct. 13, 27

Call 805.346.3413 to RSVP

Right: Please make an appointment to check out our appearance center for access to hats and wigs free of charge.

**WIGS NEEDED: Donations accepted.**  
Please 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)**

1<sup>st</sup> and 3<sup>rd</sup> 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

## TRX

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

### ● **MHCC, AG**

Every Thursday

*Assessment required*

Call 805.474.5334 to RSVP

## Warm Yarns

### Knitting and Crocheting Group

Instructions, needles and yarn are provided; for all experience levels.

### ● **MHCC, SM**

Sept. 11, 18 & Oct. 2, 9, 16, 23

*Reservations required; please call  
805.219.HOPE (4673)*



## Yoga (Restorative) *In-person*

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

No experience required; please bring a yoga mat.

### ● **HCRC, SLO**

3<sup>rd</sup> Thursday; 4:00PM

Call 805.542.6234 to RSVP

### ● **MHCC, AG**

Most Mondays (not Sept. 4)

*Reservation and assessment  
required, please call 805.474.5334*

## SPANISH • ESPAÑOL

### Clases de Arte *(Nuevo)*

En cada clase aprenderemos una nueva actividad para crecer nuestras habilidades artísticas y darnos ánimo. ¡Todos los materiales son provistos y experiencia no es requerida!

### ● **MHCC, SM**

Lunes seleccionados;  
10:00AM–12:00PM

25 de Septiembre:

*Arreglos Móviles Para La Ventana*

23 de Octubre: *Día de Ofrenda*

*Favor de llamar a 805.219.HOPE  
(4673) para registrarse*

### Grupo de Apoyo de Cáncer

Temporalmente en espera

### Viviendo con Cáncer *(Nuevo)*

Acompáñanos para conectarse con otras personas que viven con cáncer y hablar de temas de cómo combatir la enfermedad.

### ● **MHCC, SM**

Jueves seleccionados; 4:00PM

14 de Septiembre:

*Community Partners in Caring*

12 de Octubre: *Noche de Chicas*

*Por favor llame para reservar  
805.219.HOPE (4673)*

# 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)  
Please call for an appointment.

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

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

**Julie Neiggemann, RN, MSN, OCN**  
*Nurse Navigator*

**Lauren Jermstad, MSW, LCSW**  
*Social Worker*

**Kiersten Arnaudin, MSW, LCSW**  
*Social Worker*

**Eloisa Medina**  
*Patient Navigator*  
805.786.6130—en español

**Angela Fissell, RD**  
*Registered Dietitian*

**Ramie Castilleja**  
*Program Coordinator*

**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**  
**Tim Soucek, PA**

## 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

**Katherine Guthrie**  
*Senior Regional Director,  
Cancer Services*

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

## 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)

**Camp Kesem Cal Poly**  
[campkesem.org](http://campkesem.org)

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

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

**SabesWings**  
[SabesWings.org](http://SabesWings.org)

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

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

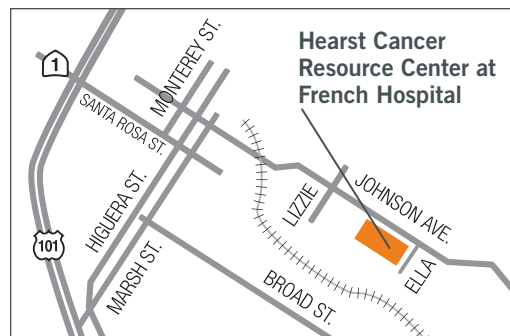
*French Hospital Medical Center*

**Patrick Caster**—PRESIDENT AND CEO  
**Julia Fogelson, MSN, RN**—COO, CNE  
**Nancy Bussani**—INTERIM  
VP PHILANTHROPY  
**Thomas Vendegna, MD**—CMO  
**Debbie Wettlaufer**—CFO

### *Committee Members*

**Sandy Dunn**—CHAIR  
**Gayle Cekada, MD**  
**Edwin Hayashi, MD**  
**Jack Hearst**  
**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



A QUALITY PROGRAM  
of the AMERICAN COLLEGE  
OF SURGEONS

