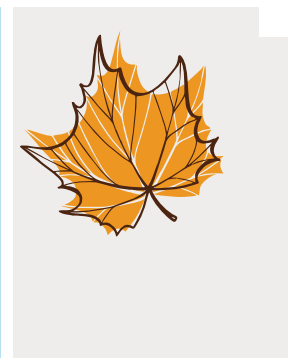


MONDAY

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

TUESDAY



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  
  
**Healthy Eating Through the Holidays**   
5:30PM Virtual/Zoom  
Call HCRC to RSVP

FRIDAY

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

6

7

8  
**Tai Chi Chih**  
11:00AM offsite  
Call HCRC for details  
  
**All Blood Cancer Support Group**  
1:00–2:00PM onsite  
Call HCRC to RSVP

9  
**Nutritional Counseling**   
by phone appointment

10  
**Nutritional Counseling**   
by phone appointment

13  
**Energy Balancing Session**  
11:00AM–1:00PM onsite  
Call HCRC to RSVP

14  
**Breast Cancer Support Group**   
5:45PM Virtual/Zoom

15  
**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

16  
**Nutritional Counseling**   
by phone appointment  
  
**Restorative Yoga**  
4:00PM onsite  
Call HCRC to RSVP

17  
**Intuitive Collage**  
2:00–4:00PM  
Call HCRC to RSVP  
  
**Nutritional Counseling**   
by phone appointment

20  
**Acupuncture**  
2:30PM onsite  
  
**Prostate Cancer Support Group**  
6:30PM onsite  
Call HCRC to RSVP

21

22  
**Tai Chi Chih**  
11:00AM offsite  
Call HCRC for details  
  
**Cancer Patient Support Group**   
1:00PM Virtual/Zoom  
Call HCRC to RSVP  
  
**Office closes at 2:00 PM**

23  
**Happy Thanksgiving**  
**Office closed**

24  
  
**Office closed**

27  
**Energy Balancing Session**   
11:00AM  
Virtual/Zoom Meeting  
Call HCRC to RSVP

28  
**Breast Cancer Support Group**  
5:45PM onsite  
Call HCRC to RSVP

29  
**Tai Chi Chih**  
11:00AM offsite  
Call HCRC for details

30  
**Nutritional Counseling**   
by phone appointment

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Key**

Phone appointment



Zoom/Virtual Meeting

**BLUE**

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

**GREEN**

Education

**ORANGE**

Support Group

1

**Intuitive Collage**2:00–4:00PM  
Call HCRC to RSVP**Parade! Office closes  
at 2:00 PM**

4

5

6

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

5:00PM Virtual/Zoom

7

**Nutritional  
Counseling**

by phone appointment

**HOLIDAY  
OPEN HOUSE!  
4:00 to 6:00 PM**

8

**Nutritional  
Counseling**

by phone appointment

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

**All Blood Cancer  
Support Group**

1:00–2:00PM Zoom

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

14

**Nutritional  
Counseling**

by phone appointment

15

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

18

**Acupuncture**2:30PM onsite  
Call HCRC to RSVP**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

20

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

3:00PM offsite

21

**Nutritional  
Counseling**

by phone appointment

**Restorative Yoga**4:00PM  
onsite  
Call HCRC to RSVP

22

25

**Office closed**

26

**Office closed**

27

28

29

# 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)**  
November 8; 1:00PM
- **HCRC, SLO (Zoom)**  
December 13; 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)**  
November 28; 5:45PM
- **MHCC, SM (Zoom)**  
Nov. 7 & Dec. 5, 19; 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**  
November 20; 5:15PM  
*Friendsgiving*  
December 18; 5:15PM  
*End of Year Celebration*  
*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)**  
November 22; 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**  
November 12; 9:00AM  
*Brunchgiving*  
December 19; 9:00AM  
*Ornament Painting*  
*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 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)**  
December 19; 3:30PM  
*Topic: Challenges around the Holidays and Caregiver Support*  
*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)**  
Nov. 15 & Dec. 13; 6:00PM  
*Call 805.542.6234 to RSVP*

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## EDUCATIONAL LECTURES

### — NOVEMBER —

#### Healthy Eating Through the Holidays

*Speaker: Angela Fissell, MS, RD*

Our Clinical Registered Dietitian will share simple and fun eating ideas that will help you enjoy the holiday season in healthy ways.

- **HCRC, SLO (Zoom)**

Thursday, November 2; 5:30PM

*Call 805.542.6234 to register*

#### Palliative Care vs. Hospice Care

*Panel discussion with Case Ketting, MD, Matthew Katies, DO, Sikandra Tank, MD, and Marisa Ayers, RN, PA-C*

- **MHCC, SM (onsite)**

Wednesday, November 8; 5:00PM

*Call 805.219.HOPE to RSVP*

### — DECEMBER —

#### Holiday Open House and HCRC 15 Year Celebration!

Swing by the Hearst Cancer Resource Center to kick off the season in style. Join us at our Holiday Open House for a light snack and a glass of delicious Hearst wine.

- **HCRC, SLO (onsite)**

Thursday, December 7; 4:00-6:00pm

## 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

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

- **Allan Hancock College, SM**

November 3, 17

*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**

Nov. 9, 16, 30 & Dec. 7, 14

*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**

Nov. 2, 9, 16, 30 & Dec. 7, 14

*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**

November 14; 2:00PM

*Helpful Holiday Hints*

December 12; 2:00PM

*Simple Strategies to Start the New Year with a Healthy Mindset*

*Reservations required:*

*805.219.HOPE (4673)*

#### Golf

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

- **Monarch Dunes, Nipomo**

November 8

*Call 805.346.3413 for details*



*Wishing you a season  
full of light and laughter for  
you and your family.*



# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## Grieving Around the Holidays

These free informal discussions focus on practical ways to minimize negative feelings and feature helpful strategies to cope with depression.

- **MHCC, AG**

November 8; 5:00PM  
Call 805.474.5303 to RSVP

- **MHCC, SM**

November 15, 5:00PM  
Call 805.219.HOPE to RSVP

## 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**

Fridays, Nov. 3, 17 & Dec. 1, 15;  
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**

Nov. 6, 13, 27 & Dec. 4, 11, 18  
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

There are ways to manage the side effects of prostate cancer and strengthen your pelvic floor. This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

- **Marian Health & Wellness, SM**

November 10 & December 8  
Call 805.346.3413 to RSVP

## 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**

Nov. 2, 9, 16, 30 & Dec. 7, 14  
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**

Nov. 6, 13, 20 & Dec. 4, 11, 18  
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**

Nov. 6, 13, 27 & Dec. 4, 11, 18  
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  
20 de Noviembre: *Centro de Mesa*  
18 de Diciembre:  
*Celebración de Días Festivos*  
Favor de llamar a 805.219.HOPE  
(4673) para registrarse

### Grupo de Apoyo de Cáncer

Llame a Eloisa at 805.786.6130

### 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  
9 de Noviembre: *Navegando el*  
*Duelo Durante las Fiestas*  
14 de Diciembre:  
*Contemos Nuestra Historia: Libro y*  
*Libreta Proveído*  
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*

**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**  
[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)

**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

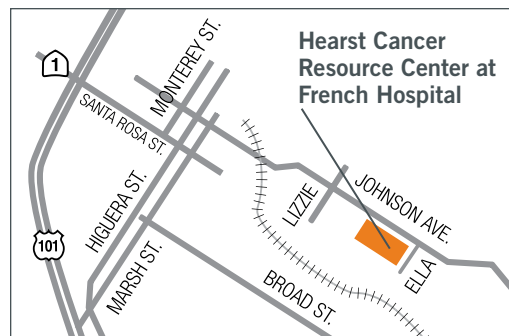
*French Hospital Medical Center*

**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

