

MONDAY

1



Office closed

8

Energy Balancing Session

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

15

Acupuncture

2:30PM onsite
Call HCRC to RSVP

Prostate Cancer Support Group

6:30PM onsite
Call HCRC to RSVP

22

Energy Balancing Session

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

29

TUESDAY

2

9

Breast Cancer Support Group

5:45PM Virtual/Zoom
Call HCRC to RSVP

16

23

Breast Cancer Support Group

5:45PM Virtual/Zoom
Call HCRC to RSVP

30

WEDNESDAY

3

Tai Chi Chih

11:00AM offsite
Call HCRC for details

Qigong

3:00PM offsite
Call HCRC for details

Guided Meditation

5:00PM Virtual/Zoom
Call HCRC to RSVP

10

Tai Chi Chih

11:00AM offsite
Call HCRC for details

All Blood Cancer Support Group

1:00–2:00PM onsite
Call HCRC to RSVP

17

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

24

Tai Chi Chih

11:00AM offsite
Call HCRC for details

Cancer Patient Support Group

1:00PM Virtual/Zoom
Call HCRC to RSVP

31

Tai Chi Chih

11:00AM offsite
Call HCRC for details

THURSDAY

4

Nutritional Counseling

by appointment

11

Nutritional Counseling

by appointment

18

Nutritional Counseling

by appointment

Restorative Yoga

4:00PM onsite
Call HCRC to RSVP

25

FRIDAY

5

12

Nutritional Counseling

by appointment

Intuitive Collage

2:00–4:00PM
Call HCRC to RSVP

19

Nutritional Counseling

by appointment

26

Intuitive Collage

2:00–4:00PM
Call HCRC to RSVP

Questions?
Please contact us:

Telephone:
805.542.5234

Email: HCRC@
dignityhealth.org

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***Nutritional
Counseling**
by appointment

1

2

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
Call HCRC to RSVP

7

**Nutritional
Counseling**
by appointment

8

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

9

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

12

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

13

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

14

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

15

Patient Advocacy Panel
5:30PM onsite
Call HCRC to RSVP

16

Acupuncture2:30PM onsite
Call HCRC to RSVP

19

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

20

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

21

**Nutritional
Counseling**
by appointment

22

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

23

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

26

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

**Nutritional
Counseling**
by appointment

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)**

January 10; 1:00PM

● **HCRC, SLO (Zoom)**

February 14; 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)**

2nd and 4th Tuesday; 5:45PM

Call 805.542.6234 to RSVP

●● **MHCC, SM (Zoom)**

January 2, 16 & February 20;
4:00PM

● **MHCC, SM**

February 6; 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**

January 16; 5:15PM

Galantine's

February 26; 5:15PM

Creating a Good Luck Charm

Call 805.346.3405 to register

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 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

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

●● **MHCC, SM (Zoom)**

805.219.HOPE (4673)

Prostate Cancer Support Group

Information, encouragement and support for patients and survivors.

● **HCRC, SLO**

3rd Monday; 6:30PM

Call 805.542.6234 to RSVP

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

SPOHNC offers encouragement and support for the challenges of oral, head and neck cancer. Meetings include up-to-date information by qualified professionals and cancer survivors.

●● **MHCC, AG (Zoom available)**

February 20; 3:30PM

Guest Speaker: Jamie Powell, Head and Neck Cancer Survivor of Head and Neck Cancer Alliance

Call 805.219.HOPE to register

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 and metastatic cancer are addressed.

●● **HCRC, SLO (Zoom)**

3rd Wednesday; 6:00PM

Call 805.542.6234 to RSVP

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

EDUCATIONAL LECTURES

— FEBRUARY —

Patient Advocacy 101— Advocating for your Own Care

Speaker panel to include Nurse Navigator, Oncology Social Worker and cancer survivor. Learn from our local experts on how to maximize your cancer care through advocacy for yourself and the care you deserve.

- **HCRC, SLO (onsite)**

Thursday, February 15; 5:30PM
Wacker Family Auditorium
(Copeland Health Education Pavilion
at French Hospital/Third floor)
Call 805.542.6234 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 register

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

Art workshops employing a variety of techniques to help boost creative expression. On offer in January and February include: making jewelry, silk scarf painting, Origami classes, neurographic drawing and Zen doodling. Materials 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

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

- **MHCC, AG**

Every Thursday
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 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.

Alternating between Zoom and in-person

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

2nd Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

4th 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

Gentle Stretching

In this class we perform static stretching, meaning we gently move our body through a range of motion that causes a slight pull on the intended muscle group we are targeting resulting in a greater range of motion without pain.

- **MHCC, AG**

Every Thursday
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**

Resumes in March
Call 805.346.3413 for details

Guided Meditation

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

- **HCRC, SLO (Zoom)**

1st 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**

Select Fridays; 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

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Lymphedema Prevention Exercise

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

- **MHCC, AG**

Every Monday (except Jan. 1)
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**

January 9; 2:00PM
The Power of Protein

February 13; 2:00PM
Cancer Prevention through Physical Activity and Nutrition

*Reservations required:
805.219.HOPE (4673)*

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**

January 12, 26 & February 9, 23
Call 805.346.3413 to RSVP

Pilates with Hailey Farrar (New!)

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

- **MHCC, AG**

January 15 & February 5, 19
Reservation and assessment required; call 805.474.5334

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

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**

January 8, 15, 22 & February 5, 12, 19; 2:00PM
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**

3rd Thursday; 4:00PM
Call 805.542.6234 to RSVP

- **MHCC, AG**

Every Monday
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
22 de Enero: *Relajamos la Mente*
26 de Febrero:
Bienvenida a la Primavera
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
11 de Enero: *Comida para la Vida*
8 de Febrero: *Noche de Familia*
Por favor llame para reservar 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

Ashley Hahn, 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

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionsslo.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
dreammakersslo.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,
San Luis Obispo, CA 93401

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

HCRC Advisory Committee

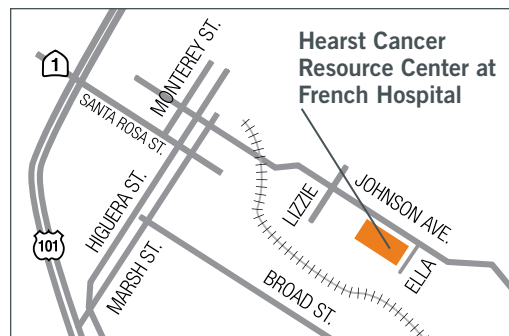
French Hospital Medical Center

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

