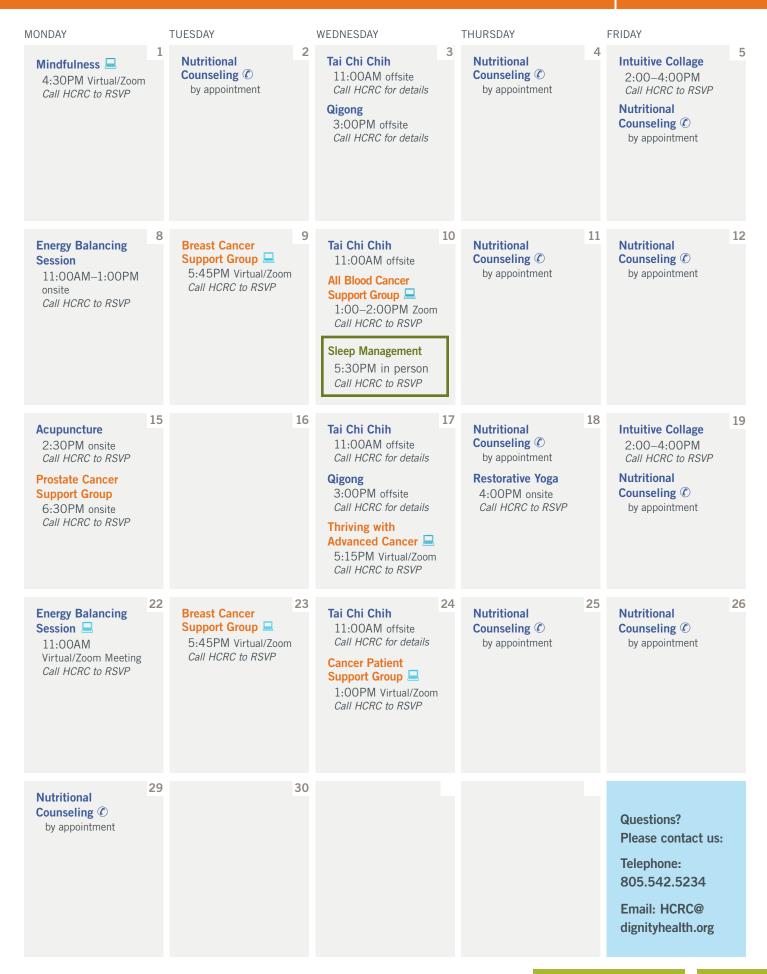
MONDAY		Т	UESDAY	WEDNESDAY		THURSDAY		FRIDAY	
Key  BLUE  GREEN  ORANGE	Phone appoint Zoom/Virtu  BLUE Wellness, En Nutritional		ual Meeting nergy Balancing, Guided Meditation, Tai Chi Ch l Counseling, Qigong, Yoga					Nutritional Counseling © by appointment	1
Nutritional Counseling by appoint	g 🕜	4	5	Tai Chi Chih 11:00AM offsite Call HCRC for details  Qigong 3:00PM offsite Call HCRC for details	6	Nutritional Counseling © by appointment	7	Nutritional Counseling © by appointment Intuitive Collage 2:00–4:00PM Call HCRC to RSVP	8
Energy Bal Session 11:00AM onsite Call HCRC	lancing	11	Breast Cancer Support Group 5:45PM Virtual/Zoom Call HCRC to RSVP	Tai Chi Chih 11:00AM offsite Call HCRC for details  All Blood Cancer Support Group 1:00–2:00PM onsite Call HCRC to RSVP	13	Nutritional Counseling © by appointment	14	Nutritional Counseling © by appointment	15
Acupunctu 2:30PM c Call HCRC Prostate C Support G 6:30PM c Call HCRC	onsite to RSVP  ancer roup onsite	18	19	Tai Chi Chih  11:00AM offsite  Call HCRC for details  Qigong  3:00PM offsite  Call HCRC for details  Thriving with  Advanced Cancer  5:15PM Virtual/Zoom  Call HCRC to RSVP	20	Restorative Yoga 4:00PM onsite Call HCRC to RSVP  Cáncer de Piel: Prevención y Tratamiento 6:00PM Paso Robles Llame HCRC para reservar	21	Nutritional Counseling © by appointment Intuitive Collage 2:00–4:00PM Call HCRC to RSVP	22
Energy Bal Session 11:00AM Virtual/Zoc Call HCRC	lancing l om Meeting	25	Breast Cancer Support Group  5:45PM Virtual/Zoom 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	27		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)
  Wednesday, March 13; 1:00PM
- HCRC, SLO (Zoom)
  Wednesday, April 10; 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> and 4<sup>th</sup> Tuesday; 5:45PM Call 805.542.6234 to RSVP
- MHCC, SM (Zoom)
  Selected Tuesdays; 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
Monday, March 25
Bonfire Outing
Monday, April 29
Coping with Stress
Call 805.219.HOPE 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 for link

## 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 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 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)

Tuesday, April 16; 3:30PM Guest Speaker: Katie Crafton, LCSW, Topic: Survivorship 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, metastatic or recurrent cancer are addressed.

• HCRC, SLO (Zoom)
3rd Wednesday; 5:15PM
Call 805.542.6234 to RSVP

# **DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS**

## **EDUCATIONAL LECTURES**

## — A P R I I —

## Sleep Management Techniques from A to Zzzzz

Ashley Hahn, LCSW, will lead the discussion focusing on relaxation techniques and how to improve sleep hygiene during and after the challenges of cancer care.

## • HCRC, SLO (onsite)

Wednesday, April 10; 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

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 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. Classes offered during March and April include: Watercolor Card Painting, Neurographic Art and Chalk Pastels and Inspirational Writing. 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

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.

- 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

### **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 Call 805.346.3413 for details

### 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

## Lymphedema Prevention Exercise

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

• MHCC, AG Every Monday Reservation and assessment required; call 805.474.5334

# **DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS**

#### 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

### **Nutrition and Exercise Support**

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

• MHCC, SM

Tuesday, March 12; 2:00PM *Spring Into Action* 

Tuesday, April 9; 2:00PM Food For Thought

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 2<sup>nd</sup> and 4<sup>th</sup> Fridays
Call 805.346.3413 to RSVP

## Pilates with Hailey Farrar (New!)

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

• MHCC, AG Selected Mondays 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) 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.

 $\bullet \, MHCC, AG$ 

Every Thursday
Assessment required
Call 805.474.5334 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 3rd Thursday: 4:00PM

Call 805.542.6234 to RSVP

• MHCC, AG

Every Monday

Reservation and assessment required, please call 805.474.5334

## WIGS ACCEPTED

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

Wigs will be professionally cleaned.

## **SPANISH • ESPAÑOL**

#### Clases de Arte

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

#### • MHCC, SM

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

25 de Marzo: *Actividad de Pascua* 22 de Abril:

Actividad de 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

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 Marzo: *Platica General* 11 de Abril: *Platica con nuestra dietista*, *Ruth Farrell*, *MPH*, *RDN Por favor llame para reservar* 805.219.HOPE (4673)

## CONFERENCIA EDUCATIVA EN ESPAÑOL

## Cáncer de Piel: Prevención y Tratamiento

Tom Spillane, MD, y Eloisa Medina Casi todos los cánceres de piel podrían prevenirse limitando la exposición al sol sin protección. Cuando se produce cáncer de piel, la mayoría se puede tratar con éxito si se detecta a tiempo.

• Paso Robles, Oak Park 3 Jueves, 21 de Marzo; 6:00PM Call 805.542.6234 to register

## 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

### Roxana Aranda

Patient Navigator 805.458.4526—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 Souchek, 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

## 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

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**Surfing for Hope** surfingforhope.org

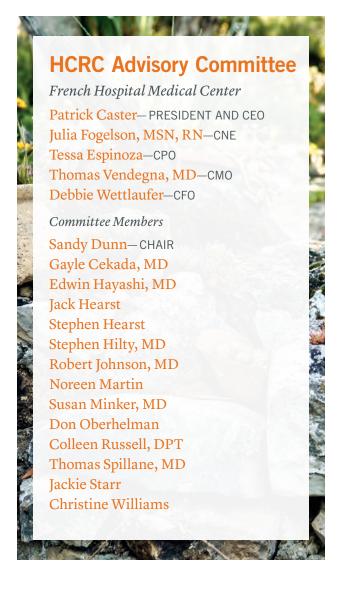
Teddy Bear Foundation teddybearcancerfoundation.org



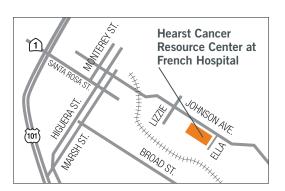
### **Hearst Cancer Resource Center**

Mailing address: 1911 Johnson Avenue, San Luis Obispo, CA 93401

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



## **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

